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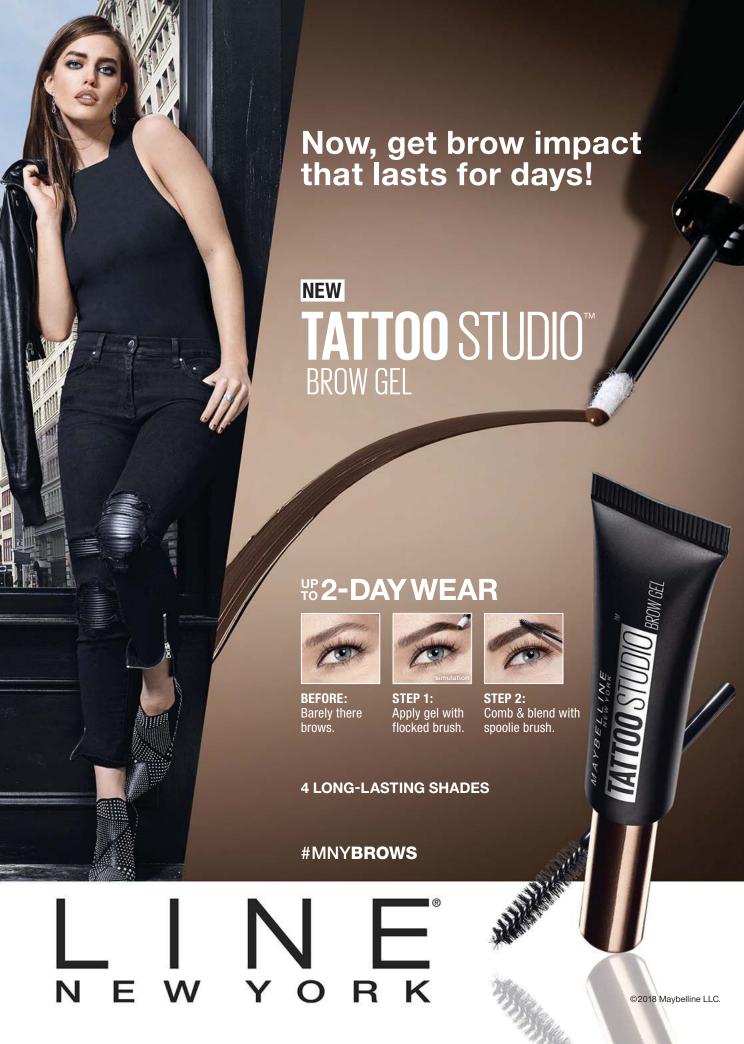
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FÉRIA'S NEW GLAM GRUNGE HAIRCOLORS HAVE A BASE THAT'S SMOKEY GRAY, WITH PURE DYES. #LIVEINCOLOR

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> > Worth It

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LORÉAL

ĽORÉAL



We've got a lot going on....Don't miss a thing!

CAN JUY IS A SUPERPOWER

Just Sayin' Snap and share this month's inspo on your social channels with the hashtag #Cosmolnspo.



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- Scan to shop!

YOUR ULTIMATE

BEAUTY PRE-GAMEYou know how getting ready with your crew

for a night out is the

absolute best? Well,

Chat on Amazon

Alexa—in the a.m.

and the p.m. when

Cosmo and fellow Hearst beauty editors

listening to My Beauty

while you're primping

you're skin-caring—is

pretty much just like that. This skill features

spilling their best tips

and current product

obsessions every day

going to pop by—like your fave celebs' go-to

glam teams who you stalk on Insta. Just say

beauty tip," and get

ready to make your

routine a whole lot

more fun.

"Alexa, give me a

and night. And you

never know who is

COSMOPOLITAN APRIL 2018

This Month on Cosmopolitan.com

With help from a bodylanguage expert, we decode the movements, expressions, postures, and interactions of hot celeb couples (we see that pose, Kimye). Follow along each week for an in-depth analysis of a different #RelationshipGoals duo.



HOW WE DO IT... IN SOUTH AFRICA

Q&A with Holly Meadows, EIC of Cosmo South Africa

Q_South African guys are really...

A_ Diverse! And that makes for interesting men. But if I had to stereotype, he'd look like this: part-time model, DJ on the weekends, skateboarder with an Africa-shaped tattoo.

Q_What makes for memorable sex?

A_ Being comfortable enough with someone to explore new things: toys, role-play, kink. For me, anything that's not vanilla is always great.

Q_Tell us about your Worst. Date. Ever.

A_ Ugh. He invited me to a hot yoga class, and having never done yoga before, I turned up with a full face of makeup. One hour later, I was a sweaty mess with smudgy mascararinged panda eyes.



NATURE SCIENCE SALON



VISIBLY HEALS SIGNS OF SEVERE HAIR DAMAGE

NEW NEXXUS KERAPHIX SALON CRAFTED WITH KERATIN PROTEIN AND BLACK RICE

Your look captures who you are. So why give up the style you love because of hair damage? Discover our first-ever healing system with Keratin Protein and Black Rice that relieves roughness and brittleness, restoring and strengthening your hair from within so you can keep the look you can't live without.

EDITOR'S LETTER

LuMee Duo

lumee.com



What I'm Into RN **Body Masks**

A booty mask may not be as Instagrammable as a face mask (at least not for me!), but it's a fun DIY home treatment.



As women, we spend way too much time thinking and talking about our age. It's the

Goldilocks topic of womanhood—we're always pondering whether we're too old, too young, or just the right age to do something. Let's stop that. Immediately.

After all, age is less of a limiting factor than it's ever been. There are teenage business owners and yoga instructors in their 70s (maybe because they do yoga?), grammar-school activists and seniorcitizen supermodels. And it's great.

It's also very aligned with what Cosmo (and our awesome partner, Olay) believes is the right direction in which to be headed. For decades, *Cosmo* has been encouraging women to be fun and fearless. Now, I'm adding ageless to that list of embraceable traits. To celebrate, we're featuring a portfolio of women who personify the Fun, Fearless, Ageless ethos (on page 14). Because ultimately, personal and professional achievements—and the pride and satisfaction we derive from them—matter way more than predetermined timelines.

Write to me at Michele@Cosmopolitan .com, and tell me what your ageless spirit has empowered you to do.

Xx Michele

Michele Promaulayko Editor-in-Chief/@MichProm

Party With Cardi!

I had a blast hanging with the star on our cover shoot—she's warm and wildly entertaining. Bonus: Got to hear her famous trilling purr (which is more cheetah than kitten).



Add to Cart

Wonder how KKW manages to look flawless in every shot? It's not just the mountains of makeup—it's the warm glow cast by the front and back lights of this selfie savior.



: ALLIE HOLLOWAY. WITH CARDI B: KAI Z FENG. FASHION DIRECTOR: AYA KANA OCKTON HALL FOR ATELIER MANAGEMENT.







The Fun, Fearless,

and an octogenarian can find true love. Your age doesn't define you. It doesn't lift you or limit you—it is simply your current moment in time.

The women on these pages are some of the smart, successful forces reshaping the way we think, act, and feel. They are your age and they are every age...because their accomplishments transcend a number.

List

Aly Raisman Olympian,

avenging angel

SPOILED

CLUELESS

SELF-OBSESSED

ENTITLED

ARROGANT

UNGRATEFUL

AFRAID

This is how society labels millennials.



Show them you are not a label.

Show them you are

FEARLESS.





the WEIGHT is OVER







FEARLESSLY AGELESS



- ► Open your Amazon App
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LashBlast Volume Mascara

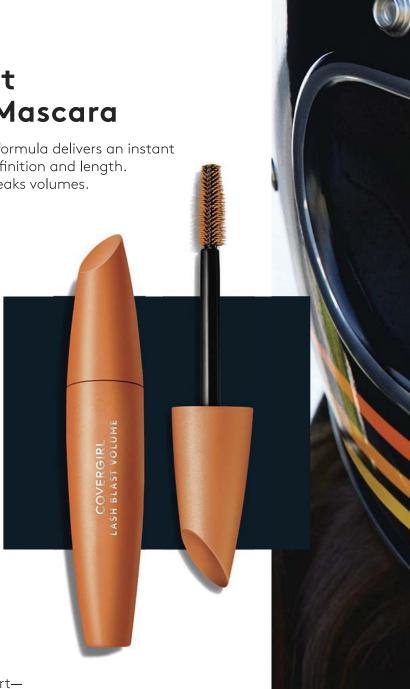
Our lash-boosting formula delivers an instant blast of fullness, definition and length. For volume that speaks volumes.



SHELINA MOREDA

Pro Racer, Mentor, Thrill Seeker

"Pushing the limit is what sets me apart on and off the track."



COVERGIRL



I am what I make up.

COSMOPOLITAN

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"Instead of comparing myself to others, I'm living the life that fulfills me—regardless of what I'm 'supposed' to have done by my age."

-MARTA TOPRAN,
BEAUTY DIRECTOR

Mood: **ACELESS**

We're banishing the idea that, based on a number, we need to look or act a certain way.

"I have two kids a demanding job, and zero time to work out. But last year, Iran a marathon. Idon't think I would've had the discipline to pull it off when I was younger.

-MEREDITH BRYAN, SENIOR DEPUTY EDITOR

hinder my ability to voice my opinion in a room filled with senior editors."

TAYLOR ANDREWS EDITORIAL BRAND ASSISTANT

"J.Lo is my ageless inspo. It's obviously about eating right and exercising, but confidence is a big factor too. Gimme that J.Lo glow!"

—SARAH CONLY, EXECUTIVE FASHION MARKET DIRECTOR

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"I'm a huge Disney fan, and I have the figurine collection to prove it. I don't

let my age dictate my home decor.

—LAUREN DZUBOW, SENIOR RESEARCH EDITOR

Olay Luminous Whip Face Moisturizer, \$29, amazon.com

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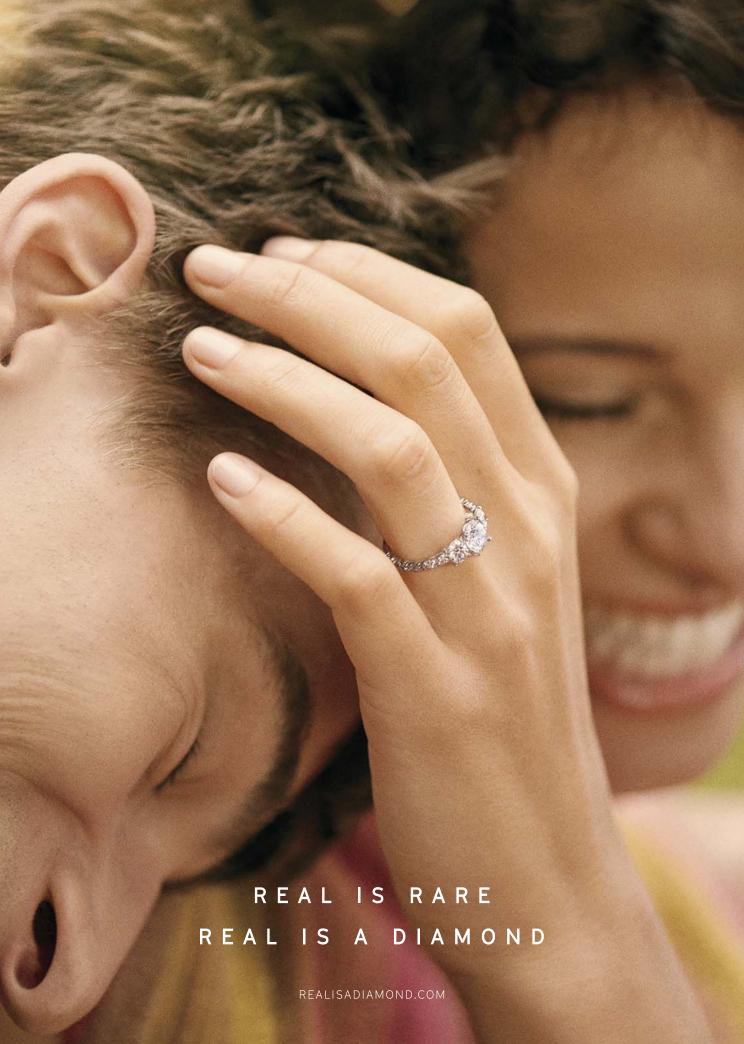
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Gigi is wearing New Super Stay Matte Ink $^{\text{TM}}$ Un-Nude in Huntress. © 2018 Maybelline LLC.





Introducing a new way to nude—easy to wear, but so far from bare. In 10 unconventional shades, NEW Maybelline New York **SuperStay Matte Ink®** Un-Nude flips the script on neutral lip color. These budge-proof matte liquid lipsticks burst the beige bubble, with rich browns, gray lavenders, and everything in between. Take a cue from our readers*—go un-nude!



■ MEET YOUR MATTE

Discover the high-intensity shade that will launch your nude revolution. Apply and let dry for up to 16 hours of flawless matte color.



I THINK IT WAS THE MOST COMFORTABLE LIPSTICK LEVER USED! ..."

-KIRA, AGE 29

"I WAS REALLY AMAZED AT HOW LONG IT STAYED ON, AND IT STILL LOOKED LIKE IT WAS FRESHLY APPLIED ALL DAY."

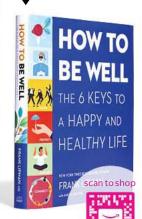
-ALLISON, AGE 33

"...THE MATTE FINISH WAS SMOOTH AND DIDN'T LEAVE MY LIPS LOOKING CRACKED OR CAKED ..."

-NIKKI, AGE 30



8. Packed with nutrition, sleep, and mental-health tips, Dr. Frank Lipman's **How to Be Well** is basically a feel-good bible.



Leslie Mann, Ike Barinholtz, and John Cena play parents

Leslie Mann, Ike Barinholtz, and John Cena play parents who enter full-on freak-out mode when their daughters pledge to lose their V cards. Sidesplitting results ensue in **Blockers** (April 6).

9. Shield your makeup from sun and sweat in five seconds flat with **Supergoop**'s Defense Refresh Setting

Rule any pool in

(top, \$110, bottom, \$75,

rebeccaminkoff.com).

Rebecca Minkoff's flirty swimwear line

Mist SPF 50, in a limited Milly print (\$28, sephora.com).

TING MIST

SLOANE CROSLEY

HE ELIZAS SARA SHEPARD

CHRIS BOHJALIAN
HE FLIGHT ATTENDANT

Sloane Crosley's wit lights up topics from fertility to Gossip Girl in her poignant essay collection **Look Alive Out There**. 11. Meg Wolitzer examines the pitfalls of heroine worship through the eyes of **The Female Persuasion**'s idealistic protagonist, Greer. 12. From a possible murder attempt to amnesia, prepare for tons of juicy plot twists in Sara Shepard's **The Elizas**.

13. The stakes couldn't be higher (literally) as Cassandra pieces together a mystery while working 40,000 feet above ground in Chris Bohjalian's gripping **The Flight Attendant**. Read it before Kaley Cuoco stars in the upcoming series!







15. Female moguls like Sara Blakely talk rising to the top on the Skimm's new podcast, Skimm'd From the Couch.
16. Kacey Musgraves stuns on Golden Hour, just in time for her Stagecoach gig.



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CHANEL







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A BLEND OF
RUMCHATA &
DARK ROAST COFFEE

Made with real



Caribbean Rum with Real Dairy Cream,
Natural & Artificial Flavors and Caramel Color.

1.75 Liter

12.5% Alc (Vo)





"My sister was visiting, and we went out with my friends and a boy I'd recently started seeing. My sister was tired and asked to go home. My bestie offered to let her stay at her place so I could stay out. Later, when I took the guy home with me, we walked into my bedroom, and my sister was asleep in my bed! My friend accidentally put my address into the Uber, and since they were already there, they broke into my apartment."

> -KOBLE D., GRAPHIC DESIGNER, BROOKLYN, NY





"I left my favorite cropped hoodie at this dude's place and later texted him to get it back. He sent me a picture of my sweatshirt with a dinosaur and random name printed on it. He didn't realize it was mine and had screen-printed his band's logo on it!"

—CHRISTINAS., ENGINEER, DAVIS, CA

Celeb **Confession**

"After spending the night in a fraternity house, I woke up with a terrible stomachache. I ran to the nearest bathroom and locked the door, not realizing it was the main bathroom with all the showers. When I was finished, at least 15 minutes later, I walked out to find a line of guys in towels waiting to shower. I smiled and ran away as they started going in. Down the hall. I could hear them yelling, 'What did she do in here?!"

-SUSANNAH., GRAPHIC DESIGNER. CAPE GIRARDEAU, MO "I was a few months into a new job, and my boss was out of town, so she called in for a meeting with the whole staff. Everyone was in her office, and I set up the speakerphone. Things were fine until I had to drag the phone to the middle of the room so everyone could hear better. When I tried to walk back, I tripped over the cord, cut off the call, and made just about everything on her desk come crashing down. Not the best day on the job!" -RACHEL M.

"My friend invited me to a power-yoga class. I could barely keep up and was so out of breath. The instructor came over and said. 'Maybe you'd like to take a beginner class.' **I defensively** said, 'I'm fine, thank vou.' Then he turned and announced, 'Okay, that was the warm-up. Time to crank it up!'I crawled out of there."

-SIMONE MISSICK, LUKE CAGE, THE DEFENDERS





"I used the bathroom at this guy's place after we had sex. When I walked back out, he was changing his sheets, even though we were both drunk. I also had clothes everywhere that he set all in a neat pile. He literally had a specific spot for everything. Weird." —CAROLINE B.



"I worked in retail for a year, and during the first month at the store, a woman came in looking for flowy tops. I decided to ask her when she was due. Needless to say, she wasn't pregnant, and I didn't see her again." — KAZMIRAE.

"I was in Vienna and met the hottest guy. We were in my hostel room, making out. After we finished having sex, he lifted the sheets to look for his boxers and there was brown stuff all over my legs and the bed. We'd had sex on top of chocolates I had bought earlier that day!"

—HANNAHK., PHOTO ASSISTANT, NEW YORK, NY

"My friend let me borrow her favorite heels but kept lecturing me about not ruining them. Thirty minutes into the party, a heel broke. I panicked and hid them in the dryer. I just told her I had to take them off because my feet hurt. The next day, she wanted her shoes back, and I said I got so drunk, I left them behind. I brought the things to a shoe-repair shop. It took a week to fix. She asked for them every day! I finally picked them up and gave them back. She never

—GINA P., ADVERTISING COORDINATOR, NEWTOWN, CT

found out."



"I was shopping when a guy complimented me on my outfit, then asked if I wanted to get coffee. I said ves because I had some free time. He was explaining how he was into a person's energy and said he had a calendar not to masturbate for a certain number of days because it kept him in a good state. I asked to see the calendar on his phone, and it was real! He marked when he'd had sex and when he'd broken his 10day rule. After finishing coffee, we walked around, and he tried to kiss me. I dodged."

—SAVANNAH C.

AATHTUB: JOSH DICKINSON/THELICENSINGRROJECT.COM. BEAUTY AND THE BEAST, ©WALT DISNEY CO./COURTESY EVERETT COLLECTION. DOG AND RING: GETTY MAGES. FLOWERS; BEN GOLDSTEIN/STUDIO D. "DATES FROM HELL" MAY HAVE BEEN EDITED FOR LENGTH, CONTENT, OR CLARITY.

Dates From Hell



"I was in line at a bar, and this guy struck up a conversation with me. I found out he was a pilot—swoon. He asked me to dinner the next night! We had a fantastic

meal and then went back to his hotel. After we were undressed. he goes. 'Out of all the lays on the layovers I've had, you're the hottest.' It took me a minute to figure out how gross that was. I responded, 'How many would that be exactly?' He replied with 'You're lucky number 99.' I almost vomited. I threw on my clothes and ran down the hallway, and he tried to stop me while holdingashirt over his penis! I hope I never end up on one of his flights."

-NICOLE D.

"A dude
I'd just met
took me
to a basketball game
and asked if I
wanted to meet
his dad, who
worked for the
team. I barely
knew my date
but had to meet
his dad! Later, I
told the guy I



wasn't into him.

mom drop flow-

ers at my work."

-ERIN D.

He still had his

"For our first date, we had the idea to go on a picnic. I agreed to bring food, and he promised to bring wine. I went all out for it and made cute little sandwiches.

When we met up, he got an 'urgent phone call' and left a minute later. I went home and ate all the sandwiches myself. By the way, he forgot the wine."

"We were watching **Beauty and** the Beast. **During one** scene.he goes, 'What're they speaking? Are they in Germany or something?' I told him they were in France, speaking French. He then asked me what bonjour and oui meant. When I told him, he goes, 'Ah, oui oui-like wee wee, like pee. Get it?' Igotit, and I was outtathere." —TAYLOR A.

"I met this hot man at a concert.and we hit it off. **Forweeks** after, we kept sending flirty texts but couldn't schedule a meetup. Finally, he asked meto come on a booze cruise, where he'd be performing with his band. I asked my friends to come and kept bragging about the amazing new guy I was dating. When we got to the boat, my friend noticed something I hadn't that first night: a wedding ring on my date's

finger. Lasked

yes, like it was

hang anyway.

Um, no. I was so

embarrassed in

worst part: We

were trapped

forever before

on the boat

it docked."

front of my

friends! The

no big deal and

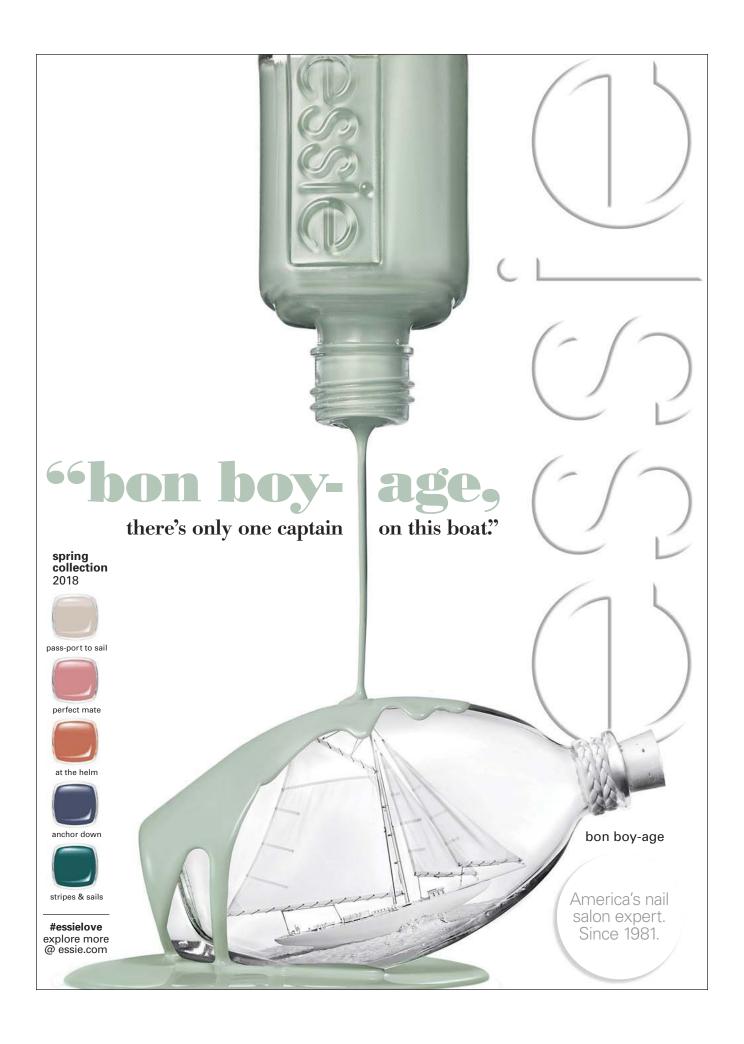
that we could still

him if he was mar-

ried, and he said

ANNE B.

COSMOPOLITAN APRIL 2018



Perfect Skin?

Feed your skin with plantbased, nutrient-rich ELEMIS Superfood Facial Oil.

Superfoods are loaded with anti-oxidants, omega fatty acids, vitamins and minerals—a one-stop shop for a glowing complexion.

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ELEMIS SUPERFOOD

Nourishing face oil Huile nourrissante pour le visa

ELEMIS



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What's Hot





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Be sassy, not brassy.



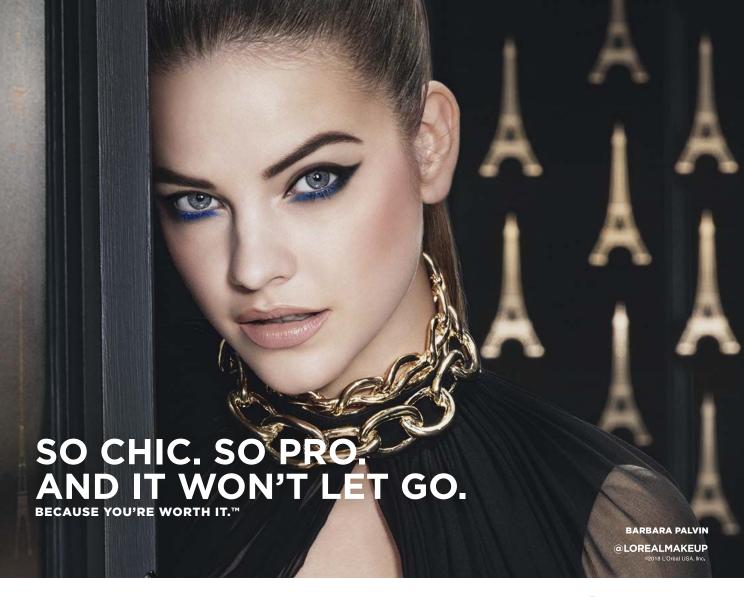
NOT YOUR M♥THER'S





Expectation vs. Reality







INFALLIBLE / PRO-LAST LINER

#24HR WEAR. WATERPROOF COLOR. EASY, CREAMY GLIDE-ON. NO SMUDGE.





#CanYouNot









Duh

"Love when strangers try to convince me that my dog is part Chihuahua or some other breed. I know what breed my dog is!#MiniGolden Doodle" —IOHNS

VIAINBOX

2

Gross!

"Whyyy? #Gross #CanYouNot" —@SHAWNAHAZZ, VIATWITTER

3

Ugh

"Really wanted some soup today. Ordered veggie. Got a cup full of veggies and about 1/4 cup of broth. #Rude"

-@BLCKMAMBAA, **VIA TWITTER**

Really?

"There are quite literally 86 lockers in this gym, and these three think the benches are their personal lockers? #PetPeeve #Annoyed" -@MELISSAFLORIO1,

VIATWITTER

Crazy Situation Working Your Last Nerve? Vent Here!

"Repeatedly declining DM requests on Instagram from random men is really doing it for me these days. #CanYouNot" -@MEETMEINTHEMTNS,

"I just overheard a coworker actually say 'Carbies don't make Barbies!' #CanYouNot"

-@ALIENRERE. VIATWITTER

VIATWITTER

"Why do girls post almost identical selfies on Facebook, just from different angles? #CanYouNot" —@CBALOGNA, VIATWITTER

"Pet owners who let their animals lick their lips are nasty. You know they lick their own asses, right? #Dogs #Cats #FecalMatter" -@KITOSBOURNE. VIATWITTER

Got a Gripe? Tweet or 'gram what's bugging you with a photo (hashtag: #CanYouNot), or e-mail Inbox@Cosmopolitan.com (subject: #CanYouNot). You might see your handle here!



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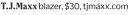
MyChronicMigraine.com

under \$50











Old Navy dress, \$35, oldnavy.com

Dark Florals—for Girls Who Are Feelin' More Thorn Than Bloom Right Now





Yoki boots, \$23, amazon.com





ASOS shorts, \$45, asos.com



Qupid heels, \$25, urbanog.com



UrbanOG hat, \$16, urbanog.com



H&M skirt. \$30. hm.com



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NEXXUS



AMV SLOANE



Hit Up Your Bestie

Enlist a close friend or sibling to be your photog. "Have them take rapid-fire photos while you're having a funny conversation," says Desi. "The results are always genuine." iPhone owners: Using your cam on Burst Mode is clutch.

Desi's Essentials

Highlighter

"A product that reflects a lot of light is a must—especially in flash photos," says Desi. The combo here makes skin glow like crazy when your face is turned to the side.



Iconic London Illuminator in Original, \$45, iconiclondoninc .com. Marc Jacobs Beauty Dew Drops Coconut Gel Highlighter, \$44, marcjacobsbeauty.com

Body Lotion

If your face looks luminous in pics, so should your bod, says Desi. This makes everything from the neck down look healthy and hydrated.



Nivea Essentially Enriched Body Lotion, \$8. drugstores

Fake Lashes

A pair of falsies are necessary when you're being snapped with your eyes closed or from a distance. "This set never fails to make my eyes stand out," says Desi.



Move Around

"Whenever I overthink a shot, the stiffness translates in my photos," says Desi. Repeating an action like walking back and forth or sipping a drink—while your friend snaps makes things more natural.



Grab a Prop

Feeling awk? Pick up your phone, a latte, or a cute bag. "Having something to hold and focus on can make you more comfortable," says Desi.







6 Healthy-Skin Vitamins

VITAMIN

You know this as retinol. It smooths skin texture by speeding up your natural skin-cell turnover process and increasing collagen and elastin production (proteins that keep skin firm), explains derm Joshua Zeichner, MD, who says you should apply it at night (it's deactivated by sunlight).

L'Oréal Paris Revitalift Anti-Wrinkle + Firming Night Cream, \$18, lorealparisusa.com VITAMIN

Get familiar with two types: First, B5 (panthenol) is used in creams and gels (like Olay's) to hydrate, while B3, niacinamide (in Ahava's mask), brightens your skin tone and minimizes breakouts "by regulating both pigment and sebum production," says celeb facialist and product formulator Renée Rouleau.

Olay Eyes Deep Hydrating Eye Gel, \$21, amazon.com. Ahava Brightening & Hydrating Facial Treatment Mask, \$32, ahava.com

Applied topically, this antioxidant can help

even prevent wrinkles by promoting skin-cell turnover, says Dr. Zeichner. Murad Multi-Vitamin Infusion

protect skin from environ-

mental aggressors (like UV and pollution) and



VITAMIN

Oil \$72 amazon.com







Murad.

VITAMIN



Dealing with dark spots or hyperpigmentation?

LOREAL

REVITALIFF

Fade it with vitamin C. The ingredient suppresses melanin activity (by both lightening pigment and preventing it from forming) and also stops existing spots from getting darker, explains Rouleau.

Dior Capture Youth Glow Booster Illuminating Serum. \$95 dior.com

Dry, dehydrated skin will love E's nourishing and moisturizing effects. Its emollient properties help smooth rough, scaly patches, explains Rouleau.

Lancer Omega Hydrating Oil, \$75. lancerskincare com



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F stands for fatty acids (like linoleic acid). They fill in the cracks between surface skin cells to improve barrier function, essential for preventing bad stuff like dirt and bacteria from penetrating skin and good stuff like moisture from escaping, says Dr. Zeichner.

Joanna Vargas Daily Serum, \$85, joannavargas.com



COSMOPOLITAN APRIL 2018

By Lauren Balsamo



Splits Happen (Here's How to Deal)

The 411 on Frays

"Think of your cuticleshair's outer layer—like roof shingles," says Randy Schueller, cosmetic chemist and cofounder of The Beauty Brains. Anything damaging chips away at that protection, exposing and tearing into the inner cortex and separating the strand.

Protein Is Key

The shingles you're losing are mostly made up of keratin. So anything that infuses protein back into your hair, like Nexxus Emergencée Treatment (\$20, nexxus.com), will make it stronger.

So Is Heat 4 **Protectant**

It can save you lots of damage down the line. L'Oréal Paris Sleek It Iron Straight Heatspray (\$5, drugstores) protects hair up to 450 degrees—the hottest you should ever go.

Don't Ignore Them

With time, split ends travel up the hair, forcing you to cut off more than you would have originally needed to, says celeb stylist and Nexxus brand ambassador Lacy Redway. A regular trim (every six to eight weeks) keeps damage in check.

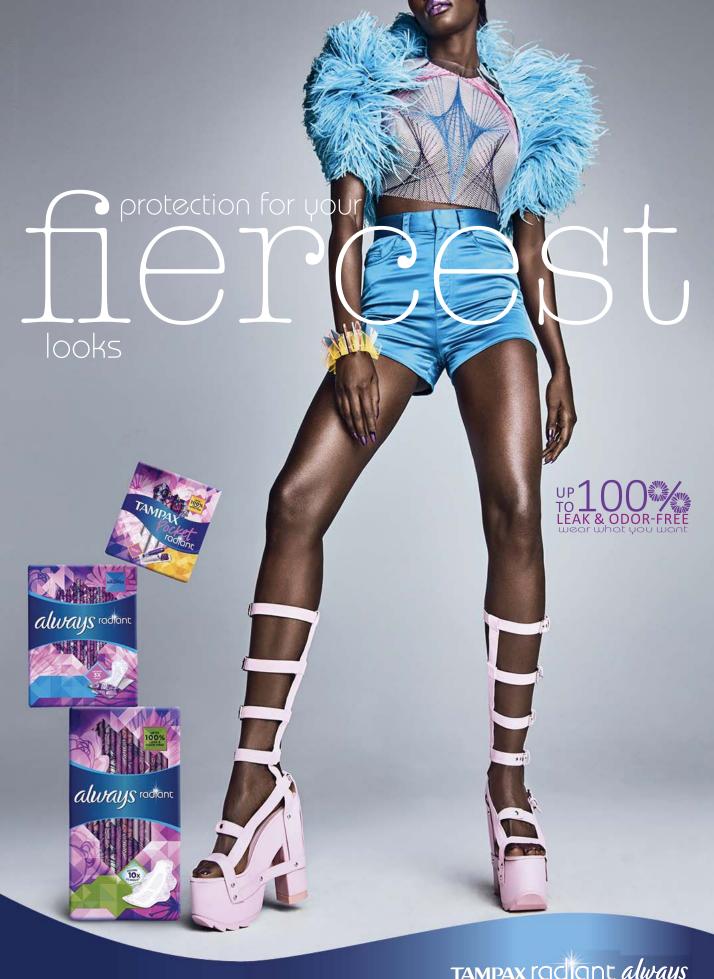
Brunettes Have It Worse

The broken ends of your cortex scatter more light, making them look like little white dots, which stand out against darker colors, says Schueller.

The Truth on "Menders"

Products like Living Proof Fresh Cut Split End Mender (\$24, sephora.com) can only fuse frayed pieces together temporarily.

By Maddie Aberman



TAMPAX radiant always



FAMARA WILLIAMS/TRUNK ARCHIVE

By Lauren Balsamo





Did you know our hair care is packaged in PET bottles with up to 50% recycled plastic?

LEARN MORE

GARNIERUSA.COM/BEAUTYRESPONSIBLY





1. Made with 100 percent recycled paperand-cardboard carton and a thin plastic liner. this bottle uses 60 percent less plastic than a standard one.

Seed Phytonutrients Body Moisturizer, \$24, seedphytonutrients

2. Garnier's shampoo is produced in a lowwaste facility with 50 percent post-consumer recycled material.

Garnier Fructis Sleek and Shine Shampoo, \$4.50, drugstores

3. Most bottle labels can't be removed in the recycling process, which limits reuse. This one has a special adhesive that removes cleanly to guarantee a second life.

Love Beauty and Planet Smooth & Serene Conditioner, \$9, lovebeautyandplanet

4. Unlike plastic toothbrushes, a plant-based

one (made with bamboo and vegetable oil) is biodegradable.

Brush With Bamboo Plant Based Organic Bamboo Toothbrush, \$20 for 4, amazon.com

5. This hairbrush is made from an all-natural. biodegradable plant starch that will break down in a landfill within five years.

WetBrush Go Green Detangler, \$13, thewetbrush.com

6. Use a do-it-all balm to soften lips and cuticles and even tame frizz. And when the paper tube is empty? Compost it!

Earth Tu Face Skin Stick. \$34. earthtuface.com

Natural SHE-E-Os

Three women whose brands are influencing the green beauty biz in big ways



THE ACTIVIST Gregg Renfrew, founder and CEO of Beautycounter

Renfrew is dedicated to setting new safety standards in the beauty industry via her brand and advocacy efforts in Washington, D.C. In March, she hosted 150 women in D.C. to lobby for more stringent federal regulation of cosmetics.



THE DATA DRIVER Hillary Peterson, founder and president of True Rotanicals

► Most natural lines can't perform the same clinical trials that mass brands do, but Peterson is changing that. Her brand makes products based on scientific research and runs independent clinical trials to confirm their efficacy.



THE LOCAVORE Tata Harper, founder and co-CEO of Tata Harper Skincare

Meet the queen of smallbatch, locally made skin care. The majority of the products in Harper's line are formulated with ingredients from her Vermont family farm, then manufactured in their adjacent lab.

3 Trending Ingredients to Try Now

- ▶ Open your Amazon App
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Chlorophyll

"It slows bacteria growth and promotes skin healing," says Lamees Hamdan, MD, founder of Shiffa skin care.

BioClarity Hydrate Skin Smoothie, \$20, amazon.com

Seaweed

"Rich in nutrients, it can boost collagen production and temporarily tighten skin," says Dr. Hamdan.

Osea Hyaluronic Sea Serum, \$88, oseamalibu.com



A member of the succulent family, this desert plant's extract helps to cleanse and purify pores gently.

Tata Harper Clarifying Cleanser, \$68, tataharper.com





Did you know each 3-in-1 moisturizer jar is recyclable? Just remove the labels and recycle.

LEARN MORE

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For the ingredients obsessee: Follain.com

Follain's strict approval process vets products using a well-researched restricted ingredients list to guarantee the formulas are totally clean.

For the wellness junkie: CapBeauty.com

Cap's "mindful" collection of feel-good naturals aims to help you achieve your most beautiful self inside and out.

For the naturals newbie: CredoBeauty.com

Transition into a green routine using Credo's clean beauty swaps list. It offers good-for-you "dupes" for popular skin, makeup, and hair products.



Seals You





ECOCERT

More than 95 percent of the ingredients in the product are natural and free of things like parabens.



EWG VERIFIED

Complies with EWG's strict criteria (their site lists deets) for product safety and labeling.



USDA ORGANIC

Products must contain at least 95 percent of organically produced ingredients.

Green Beauty Buzzwords

Sustainable

A macro way of sourcing ingredients that considers the long-term impact on the community and environment they're taken from, explains Foley.

Fair Trade

This refers to the ethical treatment (i.e., fair pay, good working conditions) of people sourcing ingredients and making products, says Foley.

Small Batch

Generally, this means formulas are made, mixed, and poured by hand and not in a manufacturing line with machines, says Foley.



Can Trust



Meets regulations set by Made Safe (a nontoxic certification agency) that ensure products are safe for your skin and the environment.



"I use this oil nightly. It is hydrating on its own but pairs perfectly with anything I apply first."

—LEAH WYAR, CHIEF BEAUTY DIRECTOR

Kora Organics Noni Glow Face Oil \$68, koraorganics.com

"A body scrub that is inspired by that special French-girl je ne sais quoi but made locally in the USA...so cool!"

FRENCH GIRL

SEA POLISH

Cosmo '

Six natural products our beauty

team swears by

"I'm currently obsessed with RMS Beauty's new

lipstick collection (especially this red shade).

They perform just as well as conventional ones."

-MARTA TOPRAN, BEAUTY DIRECTOR

RMS Beauty Wild With Desire Lipstick in RMS Red,

\$28. rmsbeauty.com

-KATE FOSTER, ASSOCIATE **BEAUTY EDITOR**

French Girl Sea Polish in Rose/Verveine, \$38, frenchgirlorganics.com





sitive skin's soul mate. It's free of irritants, like essential oils and flower extracts, typically found in other natural lines."

-LAUREN BALSAMO, SENIOR BEAUTY EDITOR

Peet Rivko Gentle Cleanser. \$30, peetrivko.com



"The antioxidant serum keeps my skin bright and glowy. And it looks like a piece of art on my vanity!"

MADDIE ABERMAN, **BEAUTY EDITOR Kypris** Antioxidant Dew, \$72, amazon .com



"I love that Herbivore uses chic, recyclable packaging and high-quality active ingredients. Their new cream makes my skin so dewy."

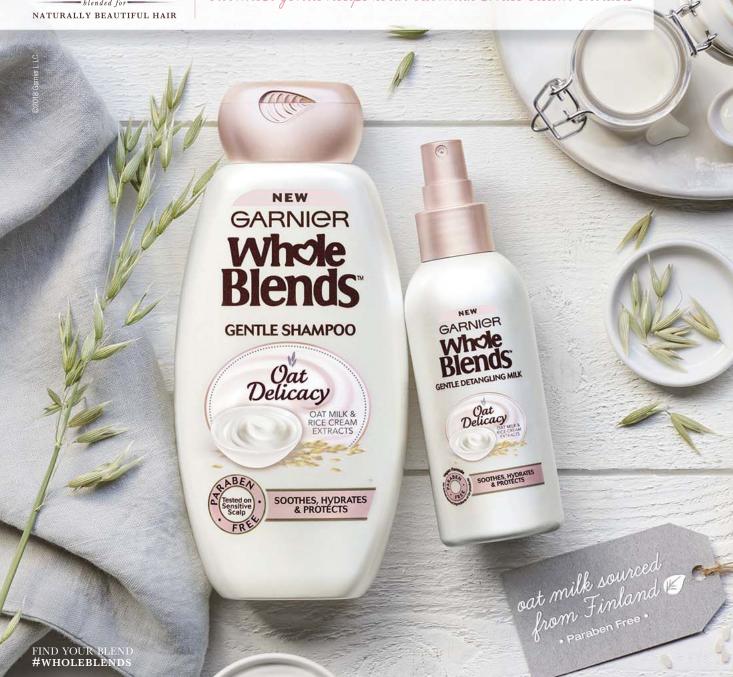
-ERIN STOVALL, BEAUTY ASSISTANT

Herbivore Pink Cloud Rosewater Moisture Cream, \$48, sephora.com



Hydrate even fine hair without the weigh down

our most gentle recipe with oat milk & rice cream extracts





Did you know our hair care is blended with sustainably-sourced or fair-trade ingredients? It is also packaged in PET bottles with up to 50% recycled plastic.



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Do you know that beauty and personal care products make up one-third of landfill waste? It's time to think more responsibly. Join Garnier's sustainability mission and commit to protecting and saving the planet. By taking strides to improve the beauty environment, Garnier promises that together, we can create a cleaner, greener, gorgeous future.



FCO-CONSCIOUS

Eco-conscious packaging means a reduced impact on the Earth. Garnier is incorporating more packaging made with PET plastic with up to 50% postconsumer recycled waste.

UPCYCLE & RECYCLE

Garnier's Personal Care and Beauty Brigade® collects, recycles and upcycles packaging with TerraCycle® to keep beauty products out of landfills.

GENTI F FORMULA

SNAP TO

LEARN MORE!

Garnier is offering more formulas made with natural ingredients and without alcohol, parabens or sulfates so they're gentle enough to use every day, even on the most sensitive skin.

7FRO LANDFILL

Garnier Hair Care bottles are produced in facilities committed to sustainability. These zero-landfill sites recovered 95% of their waste last year.

keeping beauty products out of landfills nationwide!

COLLECT

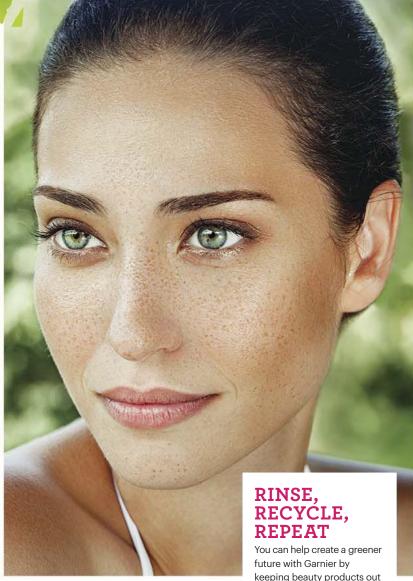
Ask friends to collect hair care, skin care and cosmetic #empties and Garnier will send them to TerraCycle* free of charge. In exchange for your contribution, Garnier will make a donation to the charity of your choice!

SOLVE

TerraCycle* recycles the collected packaging into new materials to be used to make products to benefit the environment.

REPURPOSE

The upcycled products are transformed into Green Garden Elements: planters, benches, slides and trash receptacles that will be distributed nationally.







Did you know our cartons are 100% recyclable and Forest Stewardship Council certified?

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By Erin Stovall



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Eau de

You know that "signature scent" thing? For so long, it meant finding the one...for life! But let's be real: The average Cosmo girl wears up to four fragrances because you know the power they possess. One spritz can make you feel happier; another, drop-dead sexy; then there's that confidence booster, stress reliever...the list of feels goes on. So what are you searching for right now? Let our personality-based picta quiz guide you, then find your pick at Macy's Scent Event (online starting March 26 and in stores March 28 through April 3), or Snap here to shop.

> xoxo, Lea Chief Beauty Director

Home Sweet Home Which reminds you most of your fantasy crib?



Ice, Ice Baby Find your go-to treat for a chill night in.



This look will have a starring role in your spring wardrobe. **Now Trending**

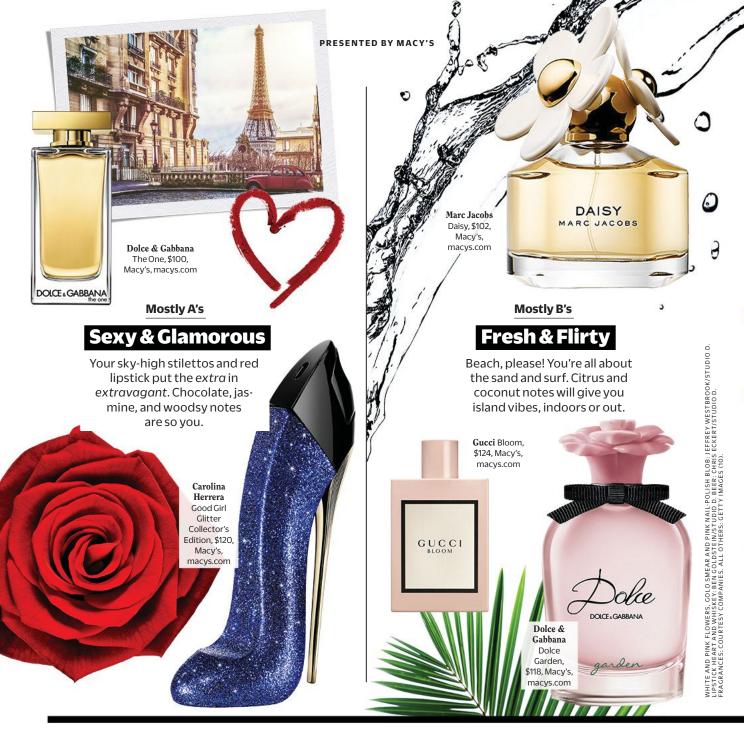


Put a finger on your favorite Paintbox mani. Nailed It!



If you could plant roots in any U.S. city, it would be... Make a Move





The Best Fragrance for Your BF

Help your guy find his spring scent. (You'll love the upgrade too!)



Bar Crawl What's his drink of choice?



Work It Out How does he stay fit?



About Time His watch looks more like...



Mostly A's

Fresh & Understated

Whoever said nice guys finish last clearly hasn't met your dude. He prefers sneakers over dress shoes, Netflix over clubbing, and a clean fragrance over anything fussy.

Paco Rabanne Men's Invictus, \$88, Macy's, macys.com. Dolce & Gabbana Light Blue Pour Homme, \$88, Macy's, macys.com





Mostly B's

Powerful & Masculine

Your man is a go-getter, from the boardroom to the bar. A cologne with leather and wood notes will make him feel as powerful as his classic suits and souped-up wheels.

Aramis Men's, \$74, Macy's, macys.com. **Versace** Men's Eros, \$88, Macy's, macys.com





Shop His Scent

Bring these quiz results in-store to Macy's Scent Event March 28 through April 3, search scent event on Macys .comstarting March 26, or Snap here to instantly pick up the perfect bottle for bae.



CELEBRATING 20 YEARS OF SEXY

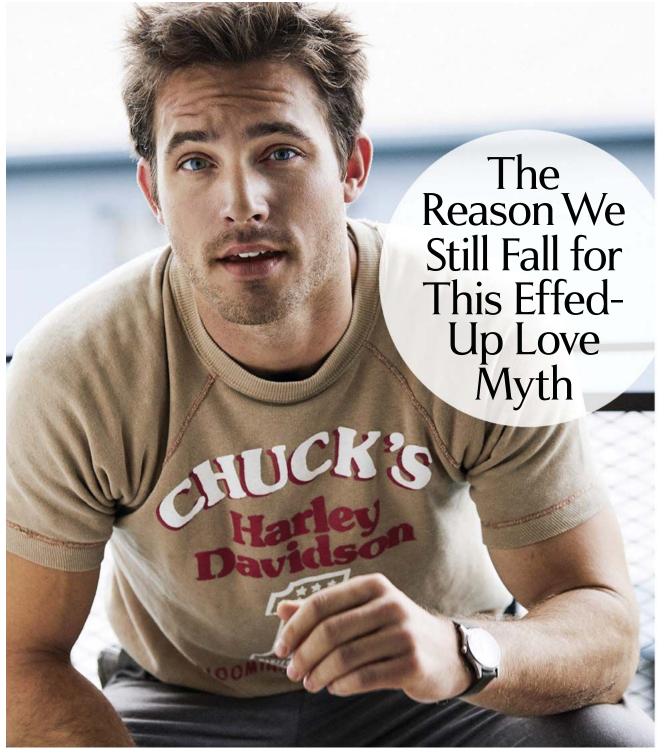




#1 SELLINGProfessional Hairspray
Brand in the USA!







It sounds obvious, but you should date someone who makes you feel good about yourself. Yet all too often, women ignore off-color remarks or actions from a man because he's good-looking, charming, funny, or great in bed. Well, he can be all those things...and still be a jerk. Does he listen to you? Respect your feelings? Or does he flirt with you on Friday and then ignore you on Saturday?

"We're trained to be attracted to meanness," says Whitney Wolfe Herd, who started the dating app Bumble to try to change this. "Watch any Disney show—the little boy is mean to the little girl because he has a crazy crush on her. Then he goes home and writes her love letters at night." Or consider the cliché fairy tale of a young woman falling for the beast because only her love can transform him into a great prince.

"The challenge is that what we tend to see first in a potential mate is confidence," says psychologist W. Keith Campbell, PhD, coauthor of The Narcissism Epidemic. Women are often so attracted to self-assurance that they may pursue a relationship hoping a guy's kindness will eventually kick in. "As a result, you could find yourself with a man who's assertive...but also mean," says Campbell.

Plus, subtle a-hole behavior can be oddly intoxicating in the initial stages of dating. "It can put you in a state of anxious alertness or arousal, which may fuel the sense that you're attracted to him," says Robin Stern, PhD, author of The Gaslight Effect. "You get so caught up in trying to get into his mind that you stop thinking about how he's making you feel."

A nice guy, by contrast, won't take you on that roller-coaster ride. "His actions will actually meet his words, leaving you with a more even feeling inside," says Stern.

That said, "We've all heard, 'Oh, he's too nice,' as if it is a bad thing," says Herd. "Why is that part of our culture? We should all be so lucky to end up with someone who's too nice. That would be a beautiful life."



LOVE

your texts and can't na down plans

He doesn't seem to lisoften

snaps at wait-ers or drivers.

He can't

-HANNAH KAPLAN

She's right. Nice and kind do not have to equate to boring. Nice is not always bland. It is curious and interested. It is listening to you, treating you well, and making you feel valued and cared for.

If that smile

is genuine.

soak it up.

And study after study reveals that kindness is key to a healthy and happy life. "When dating a nice guy, you'll likely experience less anxiety and depression as well as a greater sense of self and well-being," says Stern.

So this is the most fundamental and straightforward rule to follow: Seek out kind partners, and be kind to yourself. By doing so, you may wind up being in an even more delicious relationship than you could've imagined.

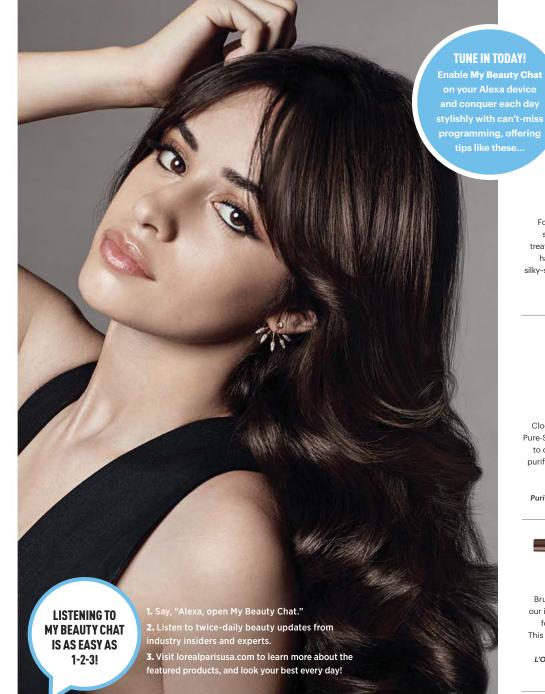


Adapted from Love Rules: How to Find a Real Relationship in a Digital World, by Joanna Coles, published by HarperCollins, \$26,

COLES



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EXTRAORDINARY OIL

Formulated with camellia and sunflower oils, this leave-in treatment hydrates and revives dry hair. After just one use, notice silky-soft and 10x more nourished hair. L'Oréal Paris Elvive Extraordinary Oil. \$6.99



SUGAR SCRUB IT!

Clogged pores? Try L'Oréal's new Pure-Sugar Scrub with real kiwi seeds to deeply yet gently exfoliate for purified, clear skin. Tip: Also use on lips to smooth and refine! L'Oréal Paris Pure-Sugar Purify & Unclog Face Scrub, \$12.99



GET YOUR BROWS ON

Brush up and brush across with our innovative angled skinny brush for natural to thicker brows. This new gel mousse formula dries quickly for all-day wear. L'Oréal Paris Brow Stylist Boost & Set, \$9.99



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MY BEAUTY CHAT

YOUR DAILY DOSE OF BEAUTY

Now, thanks to My Beauty Chat on Amazon's Alexa, you can join beauty editors from Cosmopolitan, ELLE, Harper's BAZAAR, Marie Claire and O, The Oprah Magazine as they discuss all things beauty, every morning and night. Getting the season's best beauty tips, hottest looks and product recommendations has never been easier, so be sure to tune in now! "Alexa, open My Beauty Chat!"



L'ORÉAL PARIS **2018 HAIR COLORS OF THE YEAR** SUPERIOR PREFERENCE

Inspired by global fashion and color trends, crafted by L'Oréal Paris color experts. This year the iconic blonde transforms into a luminous rose blonde with warm gold tones. L'Oréal Paris Superior Preference 7RB, \$9.99



When I told my older sister that my boyfriend of a year and a half had just proposed, her reaction was not what I had expected. Within the hour, she flooded social media with posts about her own engagement to her boyfriend of three years, which had happened days earlier. Then she sent me a text: "Have fun getting married in the basement!"

It was, she said, "a joke" about how she'd have her wedding first and there'd be no funds left over for mine. After that, things got so heated that we didn't speak for months. Unfortunately, this is a thing that happens (a lot) among sisters and also between close friends (remember *Bride Wars?*). When one person reaches a major moment in her love life—making a relationship official or moving in together or tying the knot—the claws come out, and the competition, as they say, is on.

Behind the Competition

Many women, although not all, "have a plan for how they think their lives should unroll: 'I have to have a serious boyfriend by this time, be engaged by this time," says Vikki Stark, a psychotherapist and author of My Sister, My Self. It's this internal checklist that makes some of us feel the need to compare ourselves to—or to one-up—the women we most relate to in order to stay on track.

Sisters may be even more prone to these rivalries because of the tendency for girls to compare themselves during childhood. "Growing up, sisters turn to each other in order to assess, 'Am I better or worse?' as a way to develop their own identities," explains Stark. If this continues into adulthood, it can fuel feelings of superiority or resentment when one sister hits a milestone first.

What's at Stake

For me, not only did my engagement competition affect my connection with Juli (I threatened to not be a part of her wedding), it rattled my relationship. My fiancé was thrilled that I'd said yes, but it was hard for him to stay excited when I was so angry and hurt by Juli (and she by me). He was always supportive, but he had to remind me that it was supposed to be a joyful time.

According to Stark, I'm lucky. Mates in the middle of a romantic rat race often go one of two ways. "Some will be on your team," she says. "Others won't get it." That can spark another duel.

Calling a Truce

If you want a happily-everafter with *everyone* you love, clear the air with your sis (or BFF). Own your role in the feud, and explain where your aggression is coming from (jealousy, resentment, etc.), says psychotherapist Jeanne Safer, PhD. Hopefully, she will open up too. But regardless of her response, "try to take an emotional step back," says Stark. "Think about what's really important to you."

I did, and when I get married this June, Juli will be by my side, just as I was by hers last July (she beat me down the aisle after all). I was happy for her then, like I hope she'll be for me now. ■

rivalries

because

they've been

comparing

themselves

childhood."

since

Is Your Will to Win Rushing Your Love?

Consider Your Motivation

Are you and your significant other truly ready to take the next step in your relationship? Or are you simply trying to beat someone else you know to that romantic stage?

Trust Your Connection

If you're making a choice in your love life out of fear or desperation or to meet a fabricated deadline, you're doing it wrong. Instead, allow your relationship to grow genuinely.

Turn Your Focus Inward

Rather than obsess over what other couples are up to, do things that will help you stay centered as an individual and remind you of who you are and why you're with your partner.

Get a Reality Check

Reaching a romantic milestone first won't necessarily make you happy, and it doesn't make you better than anyone else. It's okay for you and your boo to move at your own pace.

Cosmo's Wildest Sex Games!

Take sessions to steamy new heights by playing these in and out of the bedroom tonight.



What's Your

Fantasy?
Pick a fantasy topic,

Arantasy topic, and read the options to your partner. Each of you should think about how you (not they) would answer. Then, on the count of three, say it out loud. If your mate guesses right, perform the scenario. If they guess wrong, it's their turn to choose a fantasy.

Fantasy: The hottest thing you could do to me is... Options: Gently squeeze my nipples. Lick me down below. Tie me up. Kiss me passionately.

Fantasy: The one thing I want to hear you say in bed is... Options: "More." "Harder." "Touch me there." "How are you so good at this?"

Fantasy: The roleplay I have always wanted to act out is...

Options: Student/ teacher. Doctor/ nurse. Painter/ muse. Cop/driver.



Sext Me

Select an emoji sequence and show it to your partner, hiding the answer from view. (You can also describe the emoji out loud.) Ask them to guess its meaning. If they divine correctly, you both do the move!













Naughty Never Have I Ever

Choose a "Never have lever..." and read out the erotic scenario. If your partner's done it, they get to read the next one. If not, well, it's time for both of you to experiment.

Never have I ever...

Performed a sensual striptease to music.

Never have I ever... Had sex with the lights on.

Never have I ever... Shared a bubble bath with a lover.







Hottest. Week. Ever.

Attempt these sex positions on their corresponding days. Hint: Things get wilder as the week goes on....



Monday Mashup

In missionary, press your legs together to feel every stroke.



Tuesday Tangle

Lie on your sides, wrap your leg around bae's torso, and raise your hips for maximum penetration.



Wednesday Wake-Up Call

With your back to him, lower yourself down, with feet planted for G-spot stim.



Thursday Twist

While straddling his lap, slowly lean back off the bed, and place your hands on the floor.



Friday Frolic

Lie on your stomach, and have him enter you from behind as you grip the bed sheets.



Saturday Swing

Sit cross-legged in his lap, and use the sheets to pull him closer.



End your week with this advanced maneuver!



It's a good thing you slept in, because you'll need your energy for this totally-worth-it move. While he faces you, stand on the edge of a couch or bed with your legs spread wide so that your pelvises line up. As he slides inside, have him grab your booty for support and to control the thrusting, which will give your G-spot a bigger jolt than a cup of coffee.



Lusty Locations

Pick an option below and take your bad selves (and the prop!) to that place in your home to get it on.

Entryway + Magazine

A rolled-up magazine can be the perfect tool for experimenting with kink.

Car + Leather

Soft leather feels amazing against bare skin.

Kitchen + Chocolate Sauce

The more places you put the sauce (on, not in, you), the more spots to lick!

Living Room + Ottoman

Lean down for even deeper standing doggie.

Open your Amazon App
Tap on the camera icon
Choose SmileCode
Scan to shop!



Are You MicroCheating? Is He?



Hint: It's possible. You could be doing it with your barista or the cute dude you make eyes withat the gym. And while your actions might not be shady or premeditated (they're often subconscious), they may signal that something in your relationship needs attention.

Micro-cheating is the term for small things you do that could have whispers of infidelity—without even being physically unfaithful—and can take you into territories you might regret. Think of it as the little sister to emotional cheating (which, some say, can hurt more than its physical counterpart...yikes).

"Micro-cheating happens when you create small opportunities for affectionate behaviors that fall outside your relationship," explains sex and relationship therapist Tammy Nelson, PhD, author of The New Monogamy: Redefining Your Relationship After Infidelity. You may be doing it when your partner isn't around or even in front of them and with or without their knowledge. But given that such a habit can build up to something more, it can spell trouble. Here, how to spot such borderline straying and turn it into a constructive method for strengthening, rather than chipping away at, your bond.

Warning Signs

Some clues you're paddling in the shallows of danger include dressing differently when you know you're going to be seeing a certain person, withholding information from your S.O. about who you're hanging with during after-work drinks, or lying by omission. It could also be the fact that you're always Liking and commenting on one guy's Instagram pics (and that guy isn't Zac Efron) or that you make your relationship seem less serious than it is in order to keep talking to a hot stranger.

It's just harmless fun, you say. And yeah, we agree...to an extent. Every relationship has its own threshold or "line" as to what constitutes cheating. But micro-cheating shows that you're thinking about the attention of someone who isn't your partner, and that can be a red flag for your romance.

Just consider the motivation behind that glossy lip you're rocking to work, out of the norm, because the smokeshow accountant is in today. How would your partner feel if they knew the real reason behind your extra effort or if your mate found out that you were deleting texts from some-

one else out of fear that they might read them?

"You cross the line if you think your partner would feel uncomfortable if they saw your actions," says Nelson. And micro-cheating is unequivocally, most definitely a no-no if you have a past with this person. If you've dated or had sex, do not entertain the idea of a flirtation. Do. Not. Go. There.

The Flip Side

Now, what if you're wondering whether your dude

is engaging in a little micro-cheating of his own? It could be hard to pick up the signs when there are no obvious clues. But if you have a gut feeling he might be, then it's time for an honest conversation about how it makes you feel, says clinical psychologist Janis Abrahms Spring, PhD, author of After the Affair.

Say, "It seems like you're relating to this person in a way that, if I were there, would make

me feel uncomfortable. Do you have feelings for them?" suggests Spring. And if there are specific instances that sting, bring them up. As in, "When I see you commenting all the time on this girl's Insta posts, I worry about us." If he cares about you and your union, he'll mend things ASAP. But if he blows you off and doesn't take your worries seriously, that is a cause for concern and may lead you to rethink your relationship altogether.

Turn It Into a Good Thing–for Both of You

A candid talk about the issue of micro-cheating can actually help resurrect a floundering relationship. "Sometimes, these acts are not so much about an attraction to another person but instead an attraction to a new you," explains Spring. "They can help you experience yourself as more desirable." And the same can be true for your mate. By



voicing this as the reason for your extracurricular flirting, it may breed some healthy competition. But Spring warns, "While inspiring jealousy may fire up your connection for a moment, caring behavior and affection create a bond that is more sustaining." In other words, expressing your sincere, romantic feelings for one another in a direct and genuine way will ensure you continue to have truly loving eyes only for each other.

Be careful with flirty touches!



THE MICRO-CHEATING SCALE

We polled the *Cosmo* staff to rank this list, from fairly innocent to potentially damaging.

- **1** Eye-effing a total stranger on the street
- 2 Changing your appearance with a specific person in mind
- **3** Kissing someone else on the cheek but getting some lip
- 4 "Forgetting" to mention your boo where it would feel natural to bring them up in conversation
- **5** Hiding your phone from bae
- **6** Flirting obviously in front of your partner
- **7** Chatting or texting someone else every day
- 8 Sitting on a lap that doesn't belong to your partner
- **9** Giving out your phone number
- 10 Holding hands with someone else







DISCOVER THE SECRET... Mane 'n T

DOUT Me

THE LOVE COACH

4 Ways to Make a Guy Want to Swipe Right



Say What You Want in a **Boyfriend**

Keep it positive. as in "Looking for a guy who can geek out in a good bookstore with me." Or "If vou work out but aren't afraid of pizza, we'll get along fine."



Hint at Activities You Like

Guys find it so much easier to take a chance when they know what you like to do. Write something like "Cinephile obsessed with classic sci-fi movies." It will aive him clues for how to impress you.



Name-Drop the People You Love

It's attractive to hint at having great people in your life who you care about and who care about vou. Show it with a sentence like "Oldest of three sisters. so I may be a little overprotective...in a sweet wav."



Avoid a **Laundry List**

"I'm adventurous, fun, a little crazy, a nerd..." Who cares? No one wants to read a run-on. Show rather than tell, as in "Warning: have been known to take last-minute trips to Spain."

Want some simple conversation starters to turn a guy's head? Get Matthew's nine best text messages at 9Texts.com/Cosmo.

How to Make **Sex Last** Longer

A new study from dating site SaucyDates.com reveals that women expect men to last an average of 25 minutes and 51 seconds in a single sex session. In reality, lots of guys don't make it there. But that doesn't mean yours can't.



...and 17 seconds. Yup, that's the gap between women's expectations for sexy time and the actual length the average American dude can go before finishing: 16 minutes and 34 seconds. If you want to prolong the feel-good action, try using athicker condom or a desensitizina lube.

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"If you need me, I'll be





Decode His...Heart-Emoji Text

Dating and relationship coach Laurel House translates guys' lovey-dovey messages.



Heart-Eyes Emoji

An easy one to toss out there, it means he's in love with whatever he's looking at be that you, his favorite dog on Instagram, or a delicious brunch.



Big, Red Heart

A simple gesture says it all. "Real, no drama—just easy, happy love," House says. "It's not complicated." He's no frills, and you two are in a great place.



Kissy-Face Emoji

Mwah! Through this perfect little heart-shaped kiss, he's sending some sexy smooches your way. Other times, this can also be a sincere thank-you.



Beating Heart

Your texts are sending his heart racing, and he couldn't be more excited about the way things are going. Feel free to mirror his extra enthusiasm.



Yellow Heart He's an über optimistic guy who wants to share his superpositive vibes with you! Awww. Keep it up, and let the good times roll by shooting him a happy reply.



DUDE DEFINITION

brain boner

n \bran 'bo·nər\

Something that strikes a chord in his thinking, creating a spur of excitement or enlightenment. Basically, a funnier term for an aha moment.

GUYS' REVIEW Spring Date Ideas

On a scale from 1 to 10, how into these couply activities is the average dude? Here, the verdict.

Bike Ride

AVERAGE* RATING: 4.5 ********

"I get the whole health-kick thing, but that bicycle seat is not the most comfortable....Pass.'

-CHRISTIAN S.

Music Festival

AVERAGE RATING: 6.5

"I connect with people based on their music tastes. Going to something we both enjoy would bring us closer."

–ALEX Z.

Picnic

AVERAGE RATING: 6.5 $^{\prime}$

"Hell, yes. Picnics make phenomenal dates. It's the perfect combo of a meal and the outdoors without being lavish."

—BEN L.

Baseball Game

AVERAGE RATING: 7.5 ****

"Lots going on: food and drinks with the show and plenty of time to talk in between pitches and innings."

-THOMAS C.

*BASED ON A QUICK COSMO SURVEY OF 10 GUYS

Ask Him Anything

Love advice from our guy guru, Logan Hill



Go-HORMONE FREE

with your **BIRTH CONTROL**

PARAGARD®

(intrauterine copper contraceptive)-Talk to your doctor about the only hormone-free IUD*



100% hormone free and over 99% effective



No daily pill routine, just a simple monthly string check you do yourself



Immediately reversible so you can start trying to get pregnant the same day it's removed



Lasts for up to 10 years, but can be removed at any time†

*IUD=Intrauterine device.

[†] Must be removed by a healthcare professional.

WHAT IS PARAGARD?

PARAGARD is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years.

IMPORTANT SAFETY INFORMATION

Do not use PARAGARD if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or stomach pain, or if PARAGARD comes out, tell your healthcare professional. If it comes out, use back-up birth control. Occasionally, PARAGARD may attach to or in rare cases may go through the uterine wall and may also cause other problems. In some cases, surgical removal may be necessary. Although uncommon, pregnancy while using PARAGARD can be life threatening and may result in loss of pregnancy or fertility. Bleeding or spotting may increase at first but should decrease in 2 to 3 months. PARAGARD does not protect against HIV/AIDS or sexually transmitted diseases (STDs).

Available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see the following page for a brief summary of **Prescribing Information.**



PARAGARD TABOA intrauterine copper contraceptive





ParaGard® T380A

Intrauterine Copper Contraceptive

This brief summary does not take the place of talking to your doctor about your medical condition or your treatment.

ParaGard® T 380A Intrauterine Copper Contraceptive is used to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is ParaGard®?

ParaGard® (intrauterine copper contraceptive) is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years. ParaGard® is made of white plastic in the shape of a "T." Copper is wrapped around the stem and arms of the "T". Two white threads are attached to the stem of the "T". The threads are the only part of ParaGard® that you can feel when ParaGard® is in your uterus. ParaGard® and its components do not contain latex

How long can I keep ParaGard® in place?

You can keep ParaGard[®] in your uterus for up to 10 years. After 10 years, you should have ParaGard[®] removed by your healthcare provider. If you wish and if it is still right for you, you may get a new ParaGard[®] during the same visit.

What if I change my mind and want to become pregnant?

Your healthcare provider can remove ParaGard® at any time. After discontinuation of ParaGard®, its contraceptive effect is reversed.

How does ParaGard® work?

Ideas about how ParaGard® works include preventing sperm from reaching the egg, preventing sperm from fertilizing the egg, and possibly preventing the egg from attaching (implanting) in the uterus. ParaGard® does not stop your ovaries from making an egg (ovulating) each month.

How well does ParaGard® work?

Fewer than 1 in 100 women become pregnant each year while using ParaGard®.

Who should not use ParaGard®?

You should not use ParaGard® if you

- · Might be pregnant
- · Have a uterus that is abnormally shaped inside
- Have a pelvic infection called pelvic inflammatory disease (PID) or have current behavior that puts you at high risk of PID (for example, because you are having sex with several men, or your partner is having sex with other women)
- Have had an infection in your uterus after a pregnancy or abortion in the past 3 months
- Have cancer of the uterus or cervix
- · Have unexplained bleeding from your vagina
- · Have an infection in your cervix
- · Have Wilson's disease (a disorder in how the body handles copper)
- Are allergic to anything in ParaGard®
- Already have an intrauterine contraceptive in your uterus

How is ParaGard® placed in the uterus?

ParaGard® is placed in your uterus during an office visit. Your healthcare provider first examines you to find the position of your uterus. Next, he or she will cleanse your vagina and cervix, measure your uterus, and then slide a plastic tube containing ParaGard® into your uterus. The tube is removed, leaving ParaGard® inside your uterus. Two white threads extend into your vagina. The threads are trimmed so they are just long enough for you to feel with your fingers when doing a self-check. As ParaGard® goes in, you may feel cramping or pinching. Some women feel faint, nauseated, or dizzy for a few minutes afterwards. Your healthcare provider may ask you to lie down for a while and to get up slowly.

How do I check that ParaGard® is in my uterus?

Visit your healthcare provider for a check-up about one month after placement to make sure ParaGard® is still in your uterus.

You can also check to make sure that ParaGard® is still in your uterus by reaching up to the top of your vagina with clean fingers to feel the two threads. Do not pull on the threads.

If you cannot feel the threads, ask your healthcare provider to check if ParaGard® is in the right place. If you can feel more of ParaGard® than just the threads, ParaGard® is *not* in the right place. If you can't see your healthcare provider right away, use an additional birth control method. If ParaGard® is in the wrong place, your chances of getting pregnant are increased. It is a good habit for you to check that ParaGard® is in place once a month.

You may use tampons when you are using ParaGard®.

What if I become pregnant while using ParaGard®?

If you think you are pregnant, contact your healthcare professional *right away*. If you are pregnant and ParaGard® is in your uterus, you may get a severe infection or shock, have a miscarriage or premature labor and delivery, or even die. Because of these risks, your healthcare provider will recommend that you have ParaGard® removed, even though removal may cause miscarriage.

If you continue a pregnancy with ParaGard® in place, see your healthcare provider regularly. Contact your healthcare provider right away if you get fever, chills, cramping, pain, bleeding, flu-like symptoms, or an unusual, bad smelling vaginal discharge.

A pregnancy with ParaGard® in place has a greater than usual chance of being ectopic (outside your uterus). Ectopic pregnancy is an emergency that may require surgery. An ectopic pregnancy can cause internal bleeding, infertility, and death. Unusual vaginal bleeding or abdominal pain may be signs of an ectopic pregnancy.

Copper in ParaGard® does not seem to cause birth defects.

What side effects can I expect with ParaGard®?

The most common side effects of ParaGard® are heavier, longer periods and spotting between periods; most of these side effects diminish after 2-3 months. However, if your menstrual flow continues to be heavy or long, or spotting continues, contact your healthcare provider.

Infrequently, serious side effects may occur:

- Pelvic inflammatory disease (PID): Uncommonly, ParaGard® and other IUDs are associated with PID. PID is an infection of the uterus, tubes, and nearby organs. PID is most likely to occur in the first 20 days after placement. You have a higher chance of getting PID if you or your partner have sex with more than one person. PID is treated with antibiotics. However, PID can cause serious problems such as infertility, ectopic pregnancy, and chronic pelvic pain. Rarely, PID may even cause death. More serious cases of PID require surgery or a hysterectomy (removal of the uterus). Contact your healthcare provider right away if you have any of the signs of PID: abdominal or pelvic pain, painful sex, unusual or bad smelling vaginal discharge, chills, heavy bleeding, or fever.
- Difficult removals: Occasionally ParaGard® may be hard to remove because it is stuck in the uterus. Surgery may sometimes be needed to remove ParaGard®.
- Perforation: Rarely, ParaGard[®] goes through the wall of the uterus, especially during placement. This is called perforation. If ParaGard[®] perforates the uterus, it should be removed. Surgery may be needed. Perforation can cause infection, scarring, or damage to other organs. If ParaGard[®] perforates the uterus, you are not protected from pregnancy.
- Expulsion: ParaGard® may partially or completely fall out of the uterus.
 This is called expulsion. Women who have never been pregnant may be more likely to expel ParaGard® than women who have been pregnant before. If you think that ParaGard® has partly or completely fallen out, use an additional birth control method, such as a condom and call your healthcare provider.

You may have other side effects with ParaGard®. For example, you may have anemia (low blood count), backache, pain during sex, menstrual cramps, allergic reaction, vaginal infection, vaginal discharge, faintness, or pain. This is not a complete list of possible side effects. If you have questions about a side effect, check with your healthcare provider.

When should I call my healthcare provider?

Call your healthcare provider if you have any concerns about ParaGard®. Be sure to call if you:

- Think you are pregnant
- Have pelvic pain or pain during sex
- Have unusual vaginal discharge or genital sores
- · Have unexplained fever
- · Might be exposed to sexually transmitted diseases (STDs)
- Cannot feel ParaGard®'s threads or can feel the threads are much longer
- Can feel any other part of the ParaGard® besides the threads
- · Become HIV positive or your partner becomes HIV positive
- Have severe or prolonged vaginal bleedingMiss a menstrual period

CooperSurgical, Inc 95 Corporate Drive Trumbull, CT 06611

This brief summary is based on ParaGard® FDA-approved patient labeling, Rev. 9/2014.

PAR-41288



My high school girlfriends and our husbands get together often. But when we start talking about our old classmates, my husband calls us "mean girls." Do all guys view gossiping as mean?

A_ Nope! Some guys (like me) love gossip—whether it's harmless, a little bit mean, or anything in-between. But in your case, you have to understand why your husband seems bothered by it. When he hears your crew rip into someone as if she were the drunk girl on last night's episode of *The Bach*elor, he's probably wondering to himself, Will they talk like this about me someday? I doubt you can promise him that you won't (hey, you can't predict the future!). Instead, promise your husband that it's all in good fun, and save the mean-girliest of your comments for when he's out of earshot.

I'm catching feelings for my FWB, and I'm not sure what to do about it. Do I tell him and risk ending everything we have?

A_ That's like being an astronaut and wondering, Should I tell my crewmate about that rocket-fuel leak? This isn't trivial. This is mission-critical. If you don't deal with this problem, it could blow up in your face. So, yes, tell him. It's worth the risk. Maybe he's having feelings too. But even if it means the end of a fun fling, any decent guy would rather know the truth so you can end your journey safely instead of crashing and burning later on because he doesn't feel the same way.

Why is telling a dude that he has a big penis, like, the best compliment he's ever heard?



"Not to bring up politics RN, but you're yuuuge."

Logan Hill has dated around, hooked up, grown up, screwed up, and settled down, so he knows what he's talking about. See more of his insightful answers to your love dilemmas at Cosmopolitan .com.

A Men basically know how average (or not) they are...and that bigger is typically thought of as better. A lifetime of dumb dick jokes, misinformation, and porn stars with giant penises are to blame. Plus, guys want you to be turned on, and we might not know what's too small (yikes!), too big (gasp!), or (mmm...) just right for you. So when you tell a guy he's packing, it feels good. You're saying, "Don't worry, I can work with this." And every guy likes the sound of that.

Should I be honest with a guy on the first date that I'm looking for a relationship?

A _ Most men aren't in any rush to define the relationship before the entrée arrives-and many guys, including me, tend to think serious talks can wait until you know more than each other's first names. If relationship goals come up naturally that night, then you can feel free to be honest and share what you're looking for. If not, I'd say it's best to let yourself be in the moment. Have fun, hang out, get to know the guy, and then consider if it's worth having that sort of conversation. Who knows? What he wants may change after meeting you...and the same can happen for you too.

My man asked to borrow my phone the other day and saw that the last thing I searched for was lesbian porn. Oops! Think he's judging me for that?

A_ Yes, I bet he is judging you...and if he's like most guys I know, he's rating your porn search a perfect 10. Your browser history has confirmed your healthy sex drive, indicated a little naughtiness, sparked the tantalizing (if unrealistic) fantasy of a threesome, and allowed him to stop worrying that you'll be disgusted to discover his own porn habit. If anything, your guy may be too overjoyed (hello, fantasies!). Of course, all this is assuming you two have an active and satisfying sex life. If not, there's a chance he may take your interest in lesbian action a little more literally. Reassure him that you want him in your bed. ■

LOVE

Dating & Mating With Esther Perel

6 Secrets of Forever Couples

Aim for a love that grows... and shows its history.

Forever used to mean "till death do us

part." These days, though, it seems many people interpret it as "until love dies." But despite the fact that so many marriages end in divorce, staying together for many, many years *is* possible. It just takes work, self-awareness, and communication. Here's what long-haul couples know.

SECRET 1

THEY'RE PRACTICAL ABOUT WHAT MATTERS

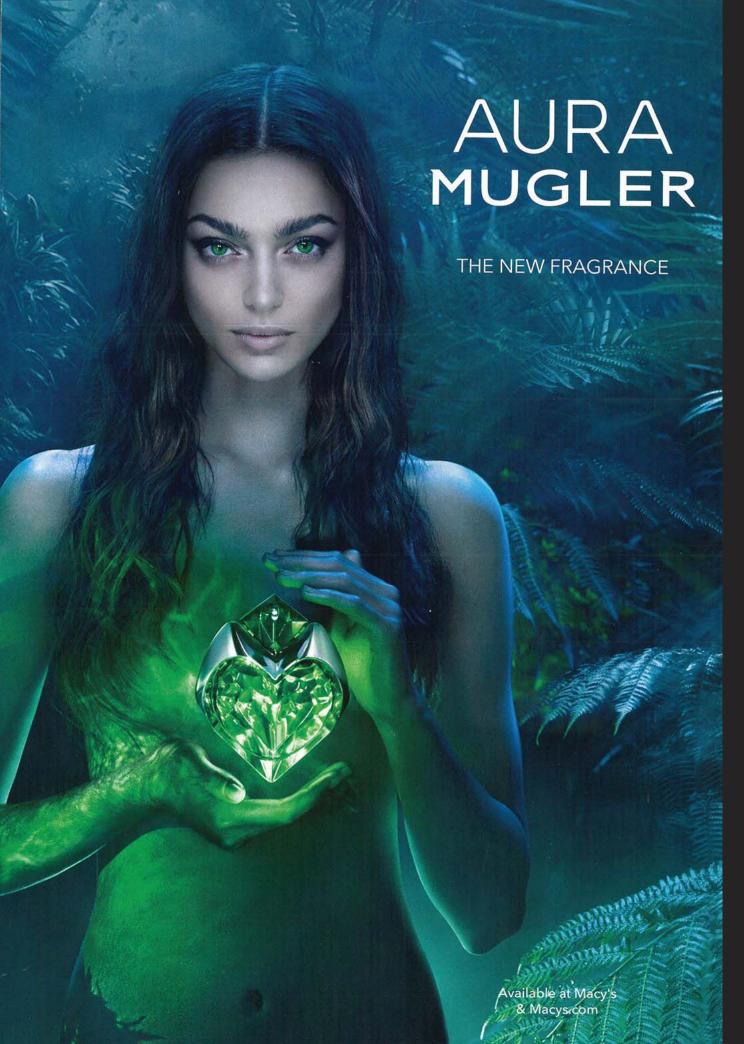
Truth: You can love someone with whom you have a beautiful three-month fling...or someone with whom you lie in bed, get stoned, and talk about music. There are many kinds of love—and some types aren't meant to last; they are developmental life experiences meant to help you grow and decide what you need and want in a long-term relation-

ship. When you find that partner, your future can't be built on just passion—you also need shared values and a vision of the kind of life you'd like to lead. In other words, forever couples have similar answers to questions like "Do I want children?" Not just "Which bar should we go to tonight?"

SECRET 2

THEY CHECK IN WITH EACH OTHER...OFTEN

Nearly everyone gets an annual evaluation at work, but couples rarely stop and give themselves a moment to reflect. They don't ask each other, "How are we doing? What would you want to be different?" But by doing this every year, you take ownership of your bond. It also gives you a sense of what you can do better and if your goals are still aligned. For example, if you are in a one-year-



Lift to reveal

AURA

THE NEW FRAGRANCE



LISTEN TO YOUR INSTINCT

Available at Macy's & Macys.com

LOVE QUIZ

Are You Ready for Forever?

You know yourself well and needs met by are honest about many people, your strengths and weaknesses. ideas—not just

_ TRUE

FALSE

You get your places, and

by your partner.

___ TRUE

_ FALSE

You do not fear losing yourself or your identity in a relationship.

___ TRUE _ FALSE

If you answered mostly true,

vou are self-aware enough to know vour own desires. which means you can identify qualities in a long-term partner that are complementary to vour own.

If you answered mostly false, you may still be exploring who you are and what's important to you. Take the time you need to feel comfortable with vourself before jumping into a longhaul commitment.

Lasting duos ask for what they want. They make requests instead of complaints.

old relationship and you are at a place in your life where you want to get married, you can say, "I don't want to push you and I'm afraid this might feel invasive, but I am curious where you see this going." This is a normal question to have. Of course, these conversations can be uncomfortable and may still be even after 10 years together. But you want to have them as best you can. If you talk through the discomfort, your connection will be strengthened.

SECRET 3

THEY TAKE RESPONSIBILITY

In her book Loving Bravely, Alexandra H. Solomon writes about "relational self-awareness," or recognizing how you act within your relationship. You know your vulnerabilities, strengths, and fears. If you want a long-term bond with the person you're with, you'll want to see evidence that they have self-awareness too. See how they act: Do they show up for you? Are they reliable? Forever couples can tell each other, "I effed up." They identify their wrongdoings and try not to let them happen again. So if you've been dating someone for six months and they've never been able to say "I made a mistake," that's a red flag.

SECRET 4

THEY'RE DIRECT COMMUNICATORS

To get their needs met, lasting duos ask for what they want. They make requests instead of complaints. If they want to spend time with their mate, they ask, "Do you want to come over tomorrow?" instead of saying, "You never spend time



Esther Perel is a sex and relationship therapist, New York Times best-selling author, popular TED speaker, and the host of the hit nodcast Where Should We Begin? Her latest project, launching later this spring, is Rekindling Desire 2.0, an e-course for couples looking to keep the spark of vitality alive. Learn more at EstherPerel.com or by following @Esther PerelOfficial on Instagram.

with me, but you always make time for your brother." Such complaints protect you from the vulnerability of stating your needs and not getting them met, but that's part of adult intimacy.

SECRET 5

THEY TRY NOT TO FEEL ENTITLED

Relationships are not always easy, and if you think yours will be, then you are setting yourself up to be disappointed and resentful of your partner. Yes, you have the right to expect certain things—love, security, communication—but your mate does not always owe you. In today's world, so many young people are made to feel special all the time, and you do deserve to feel special in your relationship. But not all the time. You also need to deal with your insecurities and find ways to feel good.

SECRET 6

THEY REINVENT THEIR RELATIONSHIPS

Instead of thinking of forever as being rooted in the same partnership until death, think of it as having two or three relationships with the same person throughout your lives. I don't mean that you're literally breaking up and getting back together. Instead, you change the structure of your roles as you go. For example, if you are with someone for 30 years, the first decade might have been spent chasing your mate's dreams in a different country, then you may have moved, or you might have completed your PhD. It's the twosomes who view their journey together in this way that really withstand the test of time. ■

Let's Talk About Butt Stuff

What was once a taboo, final bedroom frontier for hetero couples seems to be getting more airtime, especially in pop culture. Anal action has come up on television (*Girls, Broad City, Younger*), in celebrity news (actress Gabrielle Union praised giving and receiving backdoor oral in a radio interview last year), and on social media (we'll let you search that at your own risk).

Plenty of off-air couples are now bumming around too. A recent study by Indiana University found that 37 percent of women and 43 percent of men in the U.S. have already engaged in rear-entry intercourse. And U.S. searches for porn videos featuring the act grew a whopping 120 percent on Pornhub from 2009 to 2015.

"When people talk openly about sexual practices, more will say, 'I think I'll try that," reports sexuality educator Charlie Glickman, PhD. And for many, receiving anal pleasure is emotionally encouraging. "It makes them feel like there's nothing about them that's wrong."

If you and your partner are down, butt fun—when approached correctly, safely (see below), and consensually—can be an erotic experiment with a new erogenous zone. This no-BS guide to booty sex will teach you the basics of a pleasure you can really get behind.



ORAL MOVES

▶ Before you head downtown, give your partner a relaxing butt massage, suggests Morse. Lick their cheeks, then slowly brush your lips against the opening, working in a circular motion. ▶ Experiment with your tongue by using the tip to trace circles or the alphabet, says Glickman. Or run the flat of your tongue up and down. ▶ Last, using a dental dam, you can insert your tongue inside and delicately thrust it in and out.

Butt First, Four Things to Know About Venturing Into the Great Bum-Known

HYGIENE

Trim your nails, go to the bathroom, and wash your hands first, says sexologist Emily Morse, host of the Sex With Emily podcast.

SAFETY

STIs can be passed between partners. To minimize your risk, make sure you always use protection—a condom or dental dam.

COMFORT

Unlike your vag, your bum isn't self-lubricating. Use silicone lube to avoid painful friction, says Alicia Sinclair, of anal sex-toy company b-Vibe.

RELAXATION

If you're too anxious, your sphincter muscles can tense up (ouch). Go slow and sync up your breathing to your boo's gentle thrusts.



P-in-A Action

Because inserting something (a peen, a plug) into your bum can also put pressure on your vaginal canal, women can get indirect G-spot stimulation during anal penetration. And a man can feel prostate pleasure from pegging (when a woman enters him with a strap-on dildo). Use this primer, and a lot of lube, to do both right.

IF YOU'RE THE RECEIVER

Start with vaginal play to get turned on or even climax, which can help you relax. Once he heads around back, though, the vag is off-limits (alternating between the two can lead to infection)! Have your guy insert just his tip, and go deeper in later sessions.

Lie on your sides in a spooning position. You'll have more control of the speed and depth of his thrusts.

Or assume the missionary position with your legs over his shoulders and a pillow propped under your butt.

IF YOU'RE THE GIVER

Before attempting pegging (or inserting a butt plug), warm up bae with foreplay, then some backside manual touching to make sure he's aroused and ready, suggests Glickman.

This will help make the experience smoother and more erotic for both of you.

If using a strap-on or toy seems a bit too much, you can aim to give him a P-gasm, or prostate orgasm, with your digits instead. Insert a finger about two inches inside, and feel for a firm, round area. Slowly stroke it repeatedly until he reaches climax.

SCHIERLITZ/TRUNK ARCHIVE.

SEX SEX OF A

Honest answers to your most private questions



My guy took an unprotected dip inside me. Should I take the morningafter pill?

A_Yes. Even if he was inside you for 2.5 seconds, it's possible that his pre-ejaculate (the drops of fluid that come out of the penis before an orgasm) could have made its way into your vag and beyond, and you could get pregnant. "The chance is slim, but it's better to be safe than sorry," says ob-gyn Sherry Ross, MD, author of She-Ology. You have 72 hours to take emergency contraception like Plan B, which is available at most drugstores and is 89 percent effective at preventing pregnancy.

I've put on some weight, and it's affecting my bedroom confidence. How can I feel sexier?

A Many women feel like this at some point, so cut yourself some slack. "While it's good to have ideals in life, some physical ones can drive us crazy with anxiety and shame," says sex therapist Susan Block, PhD. One thing you can do starting tonight is focus on what you're feeling (pleasurewise) rather than what you look like. A few more tips: Try rocking cute lingerie, hooking up by candlelight, or testing new positions that make you feel like a goddess. In the long term, recognize that a change in your size or shape is not going to alter your sexual ability or enjoyment.



THAT LOVING FEELING.

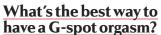


Thin, soft and strong...

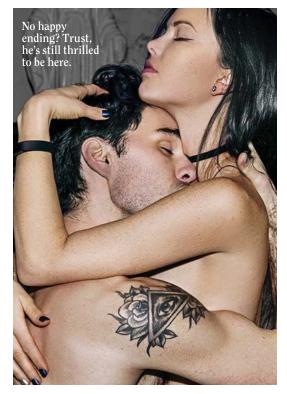
when you wear almost nothing, you're going to feel everything!

My BF has never "finished" from intercourse. I'm starting to get resentful. Help!

A_It's easy to go to a dark place when your guy is not getting off with you. But it's almost never because of you, says sextherapist Ian Kerner, PhD. Good sex is biological, psychological, and relational—and plenty of factors can mess with it. He could be on a medication that's tampering with his ween, or his arousal may be getting blocked by performance anxiety. Or maybe he's become too accustomed to his own hand and it's taking him a lot longer to orgasm. Talk openly about it, and offer to help him address any issues, so you can both reach your peaks.



A_The sensitive, dime-size, textured area on the front wall of your vagina can deliver a hella good release. During foreplay, your partner can massage it with their fingers in a comehither motion. Or try the Jive by We-Vibe, an internal vibrator that, when inserted, hits right against your G-spot. Because it's designed to stay in place inside you, you can even wear it out on date night. Check, please!



E-mail your sex questions to SexQandA@ Cosmopolitan .com.

Why do I always get so emotional after sex?

A_Gettingtheboo-hoosafter the woo-hoos happens, according to Dr. Ross. Plus, every time you climax, a flood of hormones rushes through your body. One of them, oxytocin, can sometimes cause a joyful crying sesh. Butifyou're feeling really blue, it could be postcoital dysphoria, a condition that can manifest as feelings of sadness or aggression, and a recent study found it affected 32 percent of the women surveyed. If you're concerned, you can make an appointment with a sextherapist to figure out exactly what's causing your waterworks.

When I masturbate, I usually do it lying down. How can I switch it up?

A_"Try flipping over onto your stomach," suggests sexologist Megan Stubbs. "This lets your breasts and belly experience a different tactile sensation." Or take your one-woman show to the bathroom for a naughty bath. Position your legs so that they're straddling the flow of warm water coming from the faucet, or aim your detachable showerhead to stream across your sensitive spots. "What's great about water is that you can have the flow be a gentle trickle over your clitor is or your own personal Niagara Falls," says Stubbs. Now that's fresh.

Arouser or sex toy: What's the difference?

A_An arouser, like Fiera (\$199, fiera.com), surrounds your clitoris with a gentle suction and is meant to boost blood flow to your genitals and prime them for sex—aka make you wet. They can be helpful if you take more time to get turned on than your boo does. Unlike a sex toy, "arousers aren't meant for achieving orgasm," says Leah Millheiser, MD, director of the Female Sexual Medicine Programat Stanford. Mystery solved!

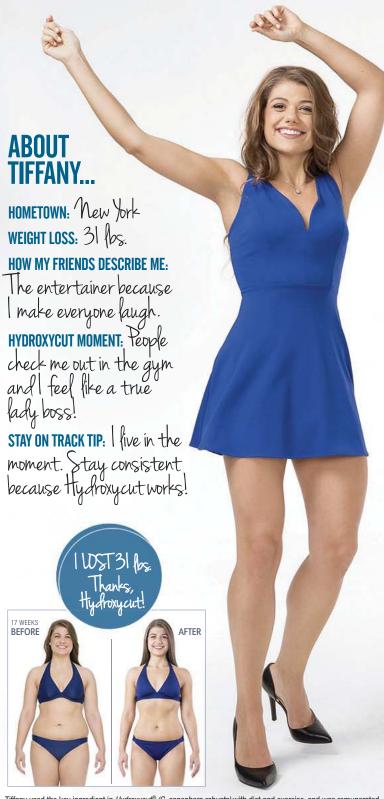
of Jive by We-Vibe



WTF IS...
A Boob Job?

Just like it sounds, this term refers to grabbing some lube and placing (and pumping) his penis between your girls, says sexologist Emily Morse, host of the Sex With Emily podcast. It's not a move for everyone's taste though, so you may want to try some other pleasurable breast play. As things heat up, guide your mate's tongue along your nipples. This action stimulates the same part of your brain as the clitoris does, says Morse. Or he can try kissing and blowing air into your cleavage—also known as motorboating. You may remember this term from its Wedding Crashers cameo ("You motorboating son of a bitch!").





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²In short-term studies, research shows that caffeine (found in *Pro Clinical Hydroxycut*® caplets and drink mix) can help temporarily promote increased energy expenditure (calorie burning).

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^{**}Based on AC Nielsen xAOC unit sales for *Hydroxycut*® caplets. Read the entire label. © 2018





















LLUSTRATIONS: MAGDIEL LOPEZ.



We're in the middle of a dreamless epidemic.

And researchers are calling this national drought a public health hazard. Turns out, dreaming isn't just when you show up naked to middle school PE class. It's also a time when your brain and body consolidate memories, regulate negative emotions, and increase your overall well-being (that one where you're in Harry Styles' bedroom? #SelfCare). Which means that missing out on nighttime reveries can lead to physical and mental ails, according to a new study published in Annals of the New York Academy of Sciences.

Dreams—at least, the ones you remember in the a.m. happen during rapid eye movement, or REM, sleep. This stage, when your limbs become temporarily paralyzed and your eyes dart around under your eyelids, follows the intense slumber during which your body heals tissue and cells. So if deep sleep ensures your literal survival, REM kinda makes life worth living by expanding your mind.

"REM has some biological functions, like replenishing neurotransmitters"—chemicals in the brain—"which are different from the type of repair that other sleep does but are still important," says Deirdre Barrett, PhD, assistant professor of

Rev Up Reveries

Trv Blue-Light Filtering Glasses Melatonin, a sleep hormone, surges at sunset. But blue light from screens (your phone, your TV) can squash it. Enter Felix Grav's cute prescription and nonprescription specs (starting at \$95, shopfelix gray.com), which keep your 'tonin flowing.

Put Your Phone on Night Shift

This setting's warmer light can be better for your zzz's, savs Rubin Naiman, PhD, Set vours—or use an app like Twilight from sundown to sunup.

Skip Sleep Rx's **Prescription meds** change your sleep cycle, disrupting your REM. Only take them occasionally (like on flights), says Naiman. If you must get a 'scrip, ask vour doc how to wean off them too.

Pop Melatonin

Try taking a timerelease tablet of .5 mg 20 minutes to an hour before bedtime. (Check with your doc first, as melatonin may interfere with certain meds.)

psychology at Harvard Medical School and author of The Committee of Sleep. During REM, which should take up 20 percent to 25 percent of your total sleep time (so up to two hours, if you snooze eight), your brain is about as active as when you're awake.

"When you dream, you're solving emotional problems," says Barrett. You're opening up your consciousness, adds Rubin Naiman, PhD, clinical assistant professor of medicine at the University of Arizona's Center for Integrative Medicine. "It's like yoga for the brain, stretching you to think more creatively."

Skipping this process can leave you more prone to memory problems, anxiety, even dementia. Scary, since REM is the sleep stage that gets most disrupted by modern life. Alcohol, sleep meds, and antidepressants, for example, can mess up your sleep cycle and, even if they help you nod off initially, can keep you dream-deprived. Getting up too early to squeeze in a full day is also a direct hit on REM, which tends to be concentrated just before wake time. "When you sleep too little, your brain prioritizes crucial non-REM sleep," says Naiman, "but then you lose the health benefits of dreaming."

Your fastest solve: Rise naturally. Set an alarm for 15 minutes after your normal wake time, then go to bed slightly earlier until you're up before it sounds. "It could take a few days or weeks to regulate your circadian rhythm," says Naiman. "But soon you'll be getting more beneficial REMpacked shut-eye." ■





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USDAOrganic

One-Move Workout Dead Lift + Push-Up

Grab a toning teammate for this move from OG fit-fluencers **KARENA DAWN** and **KATRINA SCOTT**, aka the Tone It Up girls (@ToneItUp).

Have your partner get into a high-plank position Her body should form a straight line from head to heels. Standbehind her with your feet hip-width apart.

Keeping your back straight, lower into a squat and grab your partner's ankles. Use your legs to lift back up into a standing position (think wheelbarrow races). As your pal lowers into a push-up, bend over from your hips, keeping your back flat and knees slightly bent. As your partner returns to high plank, keep holding her legs while rising back up.

That's 1 rep.
Do 4 sets of
10 reps, switching places
with your partner after
each set.
Perform the
move
3 to 5 times
per week.







FIT PHILOSOPHY "Challenge yourself, but listen to your body too." —Katrina
SWEAT STAPLE "I like to take my workouts outside, and when I do, I never go out without
first slathering on SPF 30 mineral sunscreen." —Karena
INSTANT MOTIVATION "I scroll through our #TIUTeam on Insta. Those women inspire me!" —Katrina

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zero rise flavored + other natural fla excellent source of c and b vitan 150% vitamins b5 b6 b12 100% C3electrolytes per bottle, see nutrition facts for nutrient enhanced water beverage 20 FL OZ (1.25 PT) 591

drink outside the lines





HEALTHY OBSESSION

This total-body-toning weight doubles as chic decor! Choose one that matches your pad's lewk (in black, white, gold, or chrome) and your fitness goals (5, 10, or 15 lbs). For more inspo, watch the Ubarre workout vid online, Best U Studio Ubarre Toning & Sculpting Tool, from \$142, bestustudio.com

THE PERCENTAGE
BY WHICH REGULAR
EXERCISE CAN LOWER
YOUR RISK FOR
GLAUCOMA, AN EYE
DISEASE THAT MAY
EVENTUALLY LEAD
TO BLINDNESS.
SOURCE. 2017 UCLA STUDY



Will a yeast infection ever go away on its own?

A_ If your infection is mild, maybe. But if you're experiencing major redness, burning, swelling, or itching, you need meds. Other conditions can cause similar symptoms, so first confirm the diagnosis with your gyno. She'll then prescribe an antifungal, or you can pick up an OTC cream or suppository at your local drugstore.

O I'm in an LTR. Do I really need an annual Pap smear?

A_ Women in long-term relationships can still get abnormal Pap results, either from latent HPV infections or because one partner slept with someone else. That said, a yearly screening isn't necessary for any young woman unless she's had previous abnormal results. The CDC recommends that women ages 21 to 29 get a Pap every three years.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND ABC NEWS CHIEF WOMEN'S HEALTH CORRESPONDENT

COSMOPOLITAN APRIL 2018





The Smart Salad

The right eats can power up not just your bod but your mind too, helping you tackle work or school like a boss. Here, Max Lugavere, coauthor of the new book Genius Foods, shares his top ingredients for a brain-boosting lunch.

Wild Salmon and Eggs

Besides musclebuilding protein, these contain DHA. an omega-3 fatty acid that helps your brain create new connections as you age.



Beets

These contain nitrate, which dilates blood vessels and increases blood flow to your noggin. Studies suggest a highnitrate diet can boost brain power.

Extra-Virgin Olive Oil

Fat on your salad increases absorption of important compounds in greens, like carotenoids, which protect your mind from aging and can even increase processing speed.



Bell Peppers

Spinach

It's a big source

of magnesium

and folate, two

micronutrients

the brain uses

to create energy

and stay sharp.

GENIUS FOODS

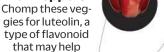
Genius Foods, by

Paul Grewal, MD.

\$19, amazon.com

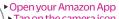
Max Lugavere with

gies for luteolin, a type of flavonoid that may help reduce inflammation in your brain.



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▶ Choose SmileCode Scan to shop!





HOW BAD IS IT?

Forgetting to Floss

Taggart-Burns, DDS,

of Millard Oaks
Dental in Omaha.
But flossing on
the reg is important.
Look at it this way:
"If you're just brushing, you're in theory
only cleaning half of

each tooth," says Taggart-Burns. And food particles left

the remains of breakfast, lunch, and dinner) feed the bacteria in your mouth, creating plaque that can lead to cavities and gum disease. "If you go a couple of days without flossing, you are allowing that bacteria to colonize and

allowing that bacteria to colonize and flourish," says
Taggart-Burns.
Aim to do it once daily. Wrap one end of the string around a middle finger and pinch the

the string along one tooth until you reach your gums, then scrape it along the other side. And be gentle, because floss can damage your gums if used

Just

Don't

COSMOPOLITAN APRIL 2018





Family Greatly

Average Lasagna? Not in this house.

Add some awesome to your family's lasagna with the creamy melt of Kraft Mozzarella with a Touch of Philadelphia.



Gyno Report

the Pill?

Lately, I've felt like I'm the last millennial still on the Pill. For as long as I can remember, my girlfriends have set daily alarms to remind themselves to pop their tiny tablets. In high school, it seemed like everyone was taking it—for acne, bad cramps, and ya know, to avoid pregnancy. In college, when more of us were actually having sex on the reg, the trusty BC Pill achieved true BFF status. But these days, well, we're kind of growing apart. One of my pals blames it for her blood clots; another told me that taking it from age 13 to 34 was enough. One ditched it because she suspected the hormones were messing with her metabolism. I'm still swallowing it, for now...but my Pill pack has started to seem kinda like a Discman in a Spotify world...and not in a hip, ironic way.

It may be hard to imagine, but when the Pill debuted in 1960, it was bigger than God. Soon almost one-third of American women were using it (in place of condoms and diaphragms, mostly). By 1967, nearly 13 million women in the world were. "Suddenly, women were in this position of having more contraception options other than to not have sex," says ob-gyn Lauren Streicher, MD, director of the Northwestern Medicine Center for Sexual Medicine and Menopause.

By the 1980s, up to 80 million women were users—and enjoying the newfound freedom that came with the Pill's 91 percent effectiveness (99 percent when used perfectly). Since it hit the market, the number of U.S. women in the workforce has more than tripled. Just try to name another pharmaceutical that has done so much for womankind (no, not Viagra). R-E-S-P-E-C-T. So why all the sudden ungratefulness?

Cosmo teamed up with Power to Decide, a national campaign to prevent unplanned pregnancies, to find out. And what we discovered—in a survey of more than 2,000 young women—signals a massive birth-control shift. A whopping 70 percent of women who have used the Pill said they'd stopped taking it or thought about going off it in the past three years. Yup, almost three-fourths of young women are no longer feeling the med that led to their mothers' and grandmothers' liberation.

ALLIE HOLLOWAY/STUDIO D.



Why I'll Always Love the Pill

Cosmo's gyno-on-call, Jennifer Ashton, MD, on why it'll never stop poppin'

It Reduces Cancer Risk

Taking the Pill has been linked to reduced risks for endometrial, colorectal, and ovarian cancers. After five years of total use, your chances of getting ovarian cancer plummet by an incredible 50 percent.

It Clears Your Skin

The way it levels out hormones lowers the amount of sebum in your pores, which can help erase acne.

It Can Mitigate Aches

For many, the Pill means less severe cramps. Women with painful polycystic ovarian syndrome and endometriosis may also see big improvements.

It Lightens Your Carbon Footprint

The Pill generally means lighter, more predictable periods. Many women may not bleed at all. Think of all the tampons and pads you're saving!

It Allows You to Press Pause

You can use it to skip a period (around, say, your wedding or a vacation)—not exactly a medical benefit but surely a logistical plus.

THE NEW GUARDS

"I've definitely seen attitudes change over the past few years," says Andrea Chisholm, MD, an ob-gyn in Cody, Wyoming. "Millennials are looking for more convenience." And there are now many other easier—but just as trustworthy—birth-control methods out there, adds ob-gyn Mary Jane Minkin, MD, a clinical professor at Yale School of Medicine.

It's true that we've never had so many ways to prevent pregnancy. Our survey revealed that 25 percent of women stopped or plan to stop taking the Pill because there is another kind of birth control they want to try. Many are intrigued by the IUD, or intrauterine device, a long-lasting and extremely effective option whose popularity has surged since 2012, when the American College of Obstetricians and Gynecologists proclaimed newer versions to be totally safe. (In the '70s, an infamous IUD called the Dalkon Shield was linked to serious complications, like infertility.) Others who've cooled on the Pill—18 percent, in our survey—said they're switching to the patch, implant, or shot, all get-it-and-forget-it methods that don't require once-a-day reminders.

For some, the new fuss-free options make the Pill's scheduling seem hella annoying— and daily dosing kind of quaint. "Seriously, having to take it at the same time every day is ridiculous," says Kaitlin, 30, from Saint Louis. What with work, working out, and a personal life, she wondered, who can be bothered? "And if you miss one, you have a total freak-out that you're pregnant." Kaitlin recently ditched the Pill and put a ring on, or in, it. She changes her vaginal ring just once a month. "If you're a type A person, the Pill can work," she said, "but if you are more go-with-the-flow or don't have a structured life, it's hard."

Another reason women seem to be abandoning the Pill: politics. The Trump administration has threatened to rescind free birth-control coverage through insurance. Meaning, re-upping your Pill pack each month could cost you—while the IUD, if installed right now (usually for free, if you have insurance), could outlast this presidency. "I keep trying to get my friends to switch," said Paulie, 30, who lives in New York City. "Paul Ryan is coming for your Pill, pals!" To wit, Planned Parenthood reported a 900 percent spike in IUD interest after the 2016 election. Dr. Chisholm confirms that more and more of her patients have been asking about longer-acting methods since then.

No Pill, No Prob

You have other options.

IUD

The tiny T-shaped device (there are hormonal and nonhormonal options) sits at the top of your uterus and is 99 percent effective for up to 12 years.

IMPLANT

Also 99 percent effective, this matchstick-size rod of hormones can be inserted under the skin of your arm and lasts up to four years.

SHOT

A progestin hormone injection keeps you covered for up to three months and is 94 percent* effective.

VAGINAL RING

The circular band releases hormones into your vagina (you have to put it up there yourself, FYI) and is fail-proof 91 percent of the time.

PATCH

Worn on your belly, back, or arm for three weeks a month, the hormonal adhesive is 91 percent effective.

CONDOMS

Rubbers are hormone-free, 85 percent effective, and the only option that also protects against STIs.

SOURCE: PLANNED PAREN HOUD. *MOST EFFICACY RATES GO UP WHEN BIRTH CONTROL IS USED PERFECTLY. 50

PERCENT OF 18- TO 34-YEAR-OLD PILL USERS HAVE QUIT IN THE PAST THREE YEARS.

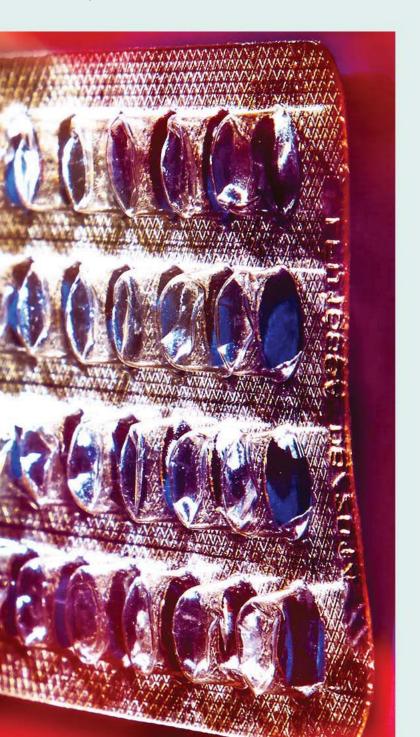
> SOURCE: 2017 COSMO-POWER TO DECIDE SURVEY



AN UNCLEAR CHOICE

But the Pill's decline among young women isn't just about politics or convenience. There are also the rumors; you know, *those* ones. Some women told me that a decade or more on the Pill could lead to miscarriage (nope) or that the body needs a "break" every few years (false). "It's common to share these stories with friends, but they can leave people with the wrong impression," says Ginny Erlich, CEO of Power to Decide.

News reports can be similarly confusing. A recent study linked the Pill (as well as hormonal IUDs) to breast cancer. But the increased risk



was relatively small, and most media coverage failed to mention that the Pill also *decreases* your risk of other serious types of cancers, like ovarian and endometrial.

Then there's what I'll call the Goop factor. As juice cleanses go mainstream, athleisure becomes SFW, and the multibillion-dollar wellness industry infiltrates Instagram, artificial hormones can feel a bit early aughts. And some women are worried about ingesting them, according to our survey. (The synthetic hormones in birth control pretty much mimic the ones in our bodies, but they're still lab-made.) A full 26 percent said they were switching to zero-hormone condoms versus other types of hormonal BC. "I'm not all about being natural and eating organic, but I feel like, why do it if you don't have to?" explained Kayla, 28, from Davenport, Iowa, who just ditched the Pill after eight years. "I was like, Why am I taking hormones when I'm not even having sex?"

The must-be-natural craze is fueling questionable birth-control practices, like the fertility awareness method. Once used mainly for religious reasons, it's now blowing up thanks to fertility-tracking apps. "I'm thrilled by technology, but these apps are basically variations of the [famously unreliable] rhythm method," cautions Dr. Minkin. And buyer, beware: In January, 37 women using Natural Cycles, an app that the European Union has approved as legit birth control, alleged that they still became pregnant.

"The idea that somehow these hormones are bad for you is incorrect," says Dr. Streicher. "No medicine is risk-free, but the risks of the Pill are quite low—especially compared to the risks of pregnancy." Still, side effects *do* exist—and were cited by 25 percent of women in our survey. Common complaints included weight gain, mood swings, and loss of sex drive. (It's worth noting that other hormonal methods can cause similar issues, and even the nonhormonal IUD may bring on heavier periods or increased cramping.)

Which is all to say: There is no right or wrong decision to make about the Pill. It works, and it may be great for you—or not. "Birth control is a journey, and women change methods all the time based on what's right for their body or life circumstances," says Erlich. If you do move on, just be sure to find another method that suits you, unless you're planning to procreate.

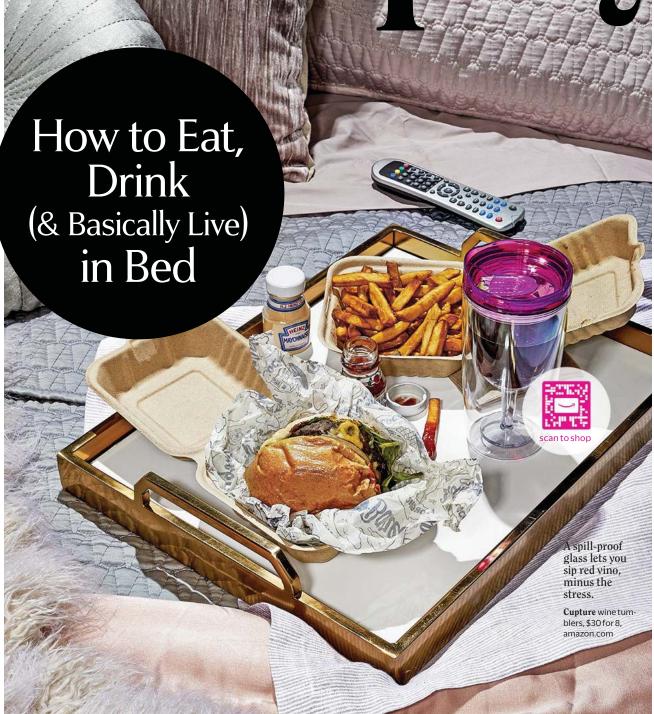
As for me, I'm sticking with the Pill. Call me old-fashioned, but it has done its job—and kept me zit-free. Plus, I can now order it through an app. What's more millennial than that? ■

IF YOU ARE WAT YOU BE RADIANT









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JEFFREY WESTBROOK/STUDIO D. PROP STYLIST: VANESSA BARRANTES.

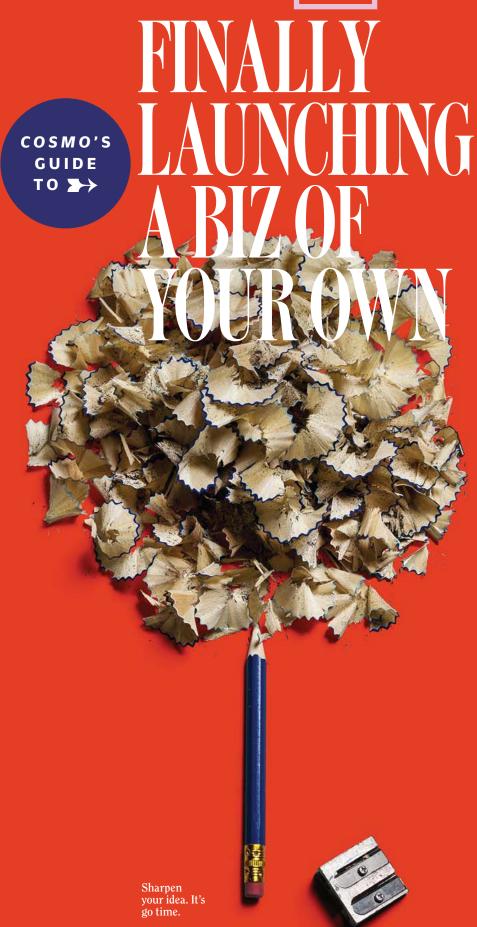




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- ► Tap on the camera icon
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COSMOPOLITAN APRIL 2018





Raise your hand if you've ever had the Sunday scaries. As in, those sinking, pre-Monday feels you get before another week at your whatever job. Yeah, it can be a slog—one you needn't do any longer. If you've ever fantasized about being your own boss or setting your own hours, there is a solution. A good one: Start your own business.

Hold that eye-roll. There's never been a better time for a woman to strike out on her own. In 2017, there were 11.6 million female-owned companies in America, generating an astonishing \$1.7 trillion in profits, according to American Express. Women now make up 40 percent of new entrepreneurs. Why can't you be one of them?

You just need the right tools, people, and yes, money on your side...and this comprehensive guide. It's time to turn those Sundays into can't-effingwait-for-Mondays.



Always known you'd kill it as a personal trainer or long dreamed of opening a coffee shop? Get it, girl. But if you're struggling to define the something you want to start, follow these steps.

Search for Solutions

Ask yourself: What's missing in my area? What do friends always complain about? "Go into the world looking for problems," says Amy Wilkinson, a lecturer at the Stanford Graduate School of Business and author of The Creator's Code. "When you find solutions, that's where your business idea will be." Maybe your town has great hiking trails but no tour guides or your city has a dozen yoga studios but no cycling classes. Just pick something you're actually into, says Wilkinson. "When it's your company, you need to be committed."



ID Your Customer

"If you can't name your first five customers right away, yours isn't a good idea," says Wells. So if you're starting an SAT tutoring service, you should be able to say, "My friend Maria's sister would pay for this. Ditto my cousin Nikki." Or close your eyes and invent your ideal client. Maybe you call her Tara, and she loves chocolate, wants to get into a good school, and has parents who can foot the bill. If you draw a picture of her, you'll be able to anticipate what she might want (hint: a dark chocolate bar when she gets a question right).

Scope Out the Competition

Figure out who you're up against, says Tina Wells, CEO and founder of Buzz Marketing Group. If you want to open a gluten-free pizza shop, list every pizza place within 10 miles, then tally how many do gluten-free. None? You're good to go. But if you'll be competing with two spots in the next town, think again. (If you're dead set on slinging that GF crust, you must have stuff that sets you apart: original toppings, 24/7 delivery, etc.)



KATY AUCOIN, 30, HOUSTON, TX, FOUNDER OF THE GIFT PERSONALIZATION APP DEARDUCK

I LAUNCHED AFTER AN AWKWARD MOMENT WITH MY EX

"I came up with my idea after I bought the wrong gift for a guy I was dating—a pair of sunglasses he literally laughed at! I thought, There must be a way to find the perfect gift. So I founded a company that uses quizzes to collect enough data on the recipient so you can really personalize a gift. I didn't intend to start a company this way, but it all clicked."





ERINN FARRELL, 37,
LIZ GIEL, 31, ALEX WEST
STEINMAN, 28,
BETHANY IVERSON,
34, MINNEAPOLIS, MN,
COFOUNDERS OF THE WORKING
SPACE THE COVEN

WESPOKE TO HUNDREDS OF WOMEN BEFORE OPENING

"We wanted to create an intersectional space for women and nonbinary folks to work, play and grow personally and professionally. So we started **by interviewing** hundreds of women in what we called witching hours. We asked them, 'What would you want out of a space like this?' That's how we decided what The Coven would be."

Write Down Your Plan

Yes, as in a legit business plan. One study found that 78 percent of unsuccessful companies crash because they didn't ace this crucial step. "But you don't need an MBA to write a good one," says Elizabeth Gore, president of Alice, a digital business adviser for women. You can download easy-to-follow templates from Alice, the U.S. Small Business Association (SBA), or the Kauffmann Foundation's FastTrac. Spend extra time on the below key factors, and seek help from SCORE, a nonprofit that matches entrepreneurs with mentors.

The Mission Statement

It should be hyperspecific and short—a few sentences max, says Gore. The tone needs to match the overall vibe of your brand. So if you're starting a line of fun, funky enamel pins to sell on Etsy, announce your goals with the same attitude: "We're disrupting the accessories industry with these little must-haves so girls ages 12 to 18 can show off their fab personalities."

The Background Research

To nail this section, you'll need to amass in-depth deets on similar businesses. If you're opening a smoothie shop, go to every existing one you can and take notes on how long it takes customers to be served, what menu items are most popular, how many employees work at any one time, prices, and how the space is laid out. Are customers taking selfies? If so, per-

haps your joint will feature a graphic selfie wall. Insta-success.

The Financial Proposal

Create Excel docs with estimates of how much money you'll need to launch, how much you expect to make in the first year, how much you expect to spend in the first year...and whether you'll break even or make a profit. In 2002, when Jeni Britton Bauer started Jeni's Splendid Ice Cream in her home in Columbus, Ohio, she asked herself: How much can I charge for ice cream? If I got 10 people to buy from me every day, how much would we make? Would that total be enough for me to buy ingredients, pay myself, and pay back any loans?

Where You At?

If your biz will be based on selling tangible goods, you can use obvious channels, like your own e-commerce site, Etsy, Instagram, or a brickand-mortar stand. But don't forget to also explore unconventional locales, like school fairs, local markets, and charity fund-raisers, which have low barriers of entry for newbies.



Settle on a **Name**

It should be short, unique, and easily searchable. Try to think in twosyllable words (á la Starbucks, Twitter, Facebook, Tinder). Bonus points for wording that carries personal meaning you can later use to promote your brand's backstory. Go to USPTO .gov to see if someone has already trademarked your first choice. If not, apply ASAP with the U.S. Patent and Trademark Office on the same website.

File the Forms

Register your business with state and local governments to make it totally legal. The whole process should cost about \$300. (Google "[your state] SBA" for help.)

Lock Down a URL

Typically, [brand name]+[industry] setups work well (for example, MILKmakeup.com). But check what's available by searching the WHOIS.net database. Claim vour domain name via host sites like NameCheap, DreamHost, or GoDaddy, all of which charge around \$15 a year.

Get an **Employer** Identification Number

You'll need one to open a business bank account, apply for licenses and permits, and pay taxes. Apply for free at IRS.gov.

Open a Work-**Only Bank Account**

Use this—not your personal one—to pay for legal and insurance fees, manufacturing costs, office supplies, and whatever else you need to keep the lights on.

SOURCE: SBA









Secure Some Funding

Around 60 percent of entrepreneurs start with \$10,000 or less, according to a recent Intuit survey. No small chunk of change—and you might require way fewer or more bucks, depending on your idea. Here, three ways to raise the dough you'll need.

Pay Yourself

Fifty-seven percent of small businesses are supported by personal savings, according to the SBA. If you do have deep-ish pockets, funding yourself is the best way to ensure you keep total control over your company. That said, "it's never wise to pour all your money into your business," says millennial money expert Tonya Rapley, founder of My Fab Finance. "You need to have six months' worth of living expenses saved before you even think about funding yourself."

ABOUT THOSE CREDIT CARDS...

It's tempting to whip out the plastic for everything. But proceed with caution: "If you can't afford to pay the minimum payments on your personal credit card, then you shouldn't put business purchases on them," says Rapley. As soon as you decide to launch, apply for a business credit card, which tends to have higher credit limits.

Ask for Help

No one is off-limits, says Karen Cahn, CEO and founder of crowdfunding platform iFundWomen. Send a short, professional e-mail with a succinct pitch, explaining your idea in no more than three sentences. Write, "I'd love to meet with you to share more. May I take you to coffee?" You can link to a crowdfunding profile you've created (sites like iFundWomen and Fund Dreamer are geared toward women), but "do not send out pitch decks or really lengthy e-mails," says Cahn. "Nobody will read them! In-person works best."

Apply for a Loan

In 2014, banks gave out 52 million \$100,000-or-less business loans.
Big banks are fine, but you might have more luck with regional ones or local credit unions. "These are places where you can forge better one-on-one relationships, and they can also be more lenient" says Rapley. Or look at the SBA's lender-match site, which IDs lenders that offer micro-loans (between \$500 and \$50,000) targeting female, low-income, veteran, and minority entrepreneurs.



Assemble Your A-Team

You won't need to employ these folks full-time, but having them in your contact list is a must.



An Accountant

"They supervise the books and give you advice on keeping your dream financially alive," says Sarah Kauss, founder and CEO of S'well water bottles. Expect to spend between \$1,000 and \$5,000 a year, and look for someone at a small firm. No dice? Try using online software like Zoho Books or Xero.





A Lawyer

Clutch for negotiating things like contracts and leases. Start by asking your friends and other small-biz owners for referrals. You can also search Lawyers.com and Avvo.com for firms in your area that specialize in newbusiness work. Discuss fee schedules in detail up front, and ask to pay hourly.



An Insurance Agent

All companies need general liability insurance. That's industry jargon for coverage that protects you against things like workplace injuries and property damage. Find an agent by, again, asking around to other business owners, and shop multiple agents, comparing coverage and cost.

"Do I need a partner?" You might. Studies show that businesses perform better when there are two or three people at the helm. If you're willing to go 50/50, join forces with someone who has a completely different skill set, says Elizabeth Gore. So if you are charismatic AF but need help with logistics, recruit someone who is obsessed with organization. "Also, look for people who share your values," says Sarah LaFleur, founder and CEO of professional-womens-wear brand MM. La Fleur. "Ask: 'What is your work ethic? How do you treat people?" If you agree, it's a match."



SARAH CORRIGAN, 34, NEW YORK, NY, FOUNDER OF THE FLOWER DELIVERY SERVICE LEBLUM

I FOUND SUCCESS ON SOCIAL MEDIA

"I've always been a gardener, so I started a business where people can buy flowers online at wholesaleprices. ButIspentso much time number crunching. I forgot to think about the flowers.So I started making videos and tutorials. which we posted. It helped sales skyrocket! My passion showed that our brand was authentic."





KALILAH WRIGHT, 33, BALTIMORE, MD, FOUNDER OF THE FASHION BRAND MESS IN A BOTTLE

I LAUNCHED MY COMPANY WITH \$500

"I wanted to sell T-shirts with messages on them in bottles. I went to IKEA, and I spent about \$80 on glass bottles. I purchased 15 T-shirts to start for \$70. Then I bought a heatpress machine from Craigslist for \$150 and a vinyl cutter for \$200, and I made a website for free on BigCartel.com. That was all I started with. I learned from YouTube how to print and how to cut vinyl. **People started** to order the shirts because they enjoyed the messages. It got to the point where I was staying up all night to work on my shirts on top of my fulltime job. I gave myself one year. If I saw profit after one year, I would commit to this full-time. I did."



Ready, Set, Launch!

Truth: You're never gonna feel like you're a hundred percent ready to open up shop. But if you've completed all the above steps, it's time to take a chance. "Someone once told me, 'If you're not embarrassed by your first product, you waited too long to launch," says Elizabeth Gore. You're actually going to learn more about your business in its first few live weeks than you ever could while tweaking it to death pre-opening.

Spread the Word

"Social media is the first place new customers go to check out a brand," says Lucy Wallace Eustice, cofounder of accessories label MZ Wallace. "Maintain a consistent visual voice across your platforms." That includes using the same handle for all your accounts as well as a consistent look. So if you're trying to get a design firm off the ground, flood your channels with illustrations, along with news about opening dates and sales.



On FB, create a Page (Facebook.com/ pages/create) with info on how customers can reach you, and add customizable buttons like Send Message, See Menu, or Book Appointment. You can "boost" posts from your page aka pay to have them target specific people or appear higher in potential customers' feeds for a fee.



On Insta, make your profile a Business Profile by going into Settings and hitting Switch to Business Profile. "Now, you can collect data about your followers and promote posts," says Katherine Shappley, director of Facebook North America's Small Business team. "You can also get info about how posts perform and which days are best to post."

IRL

IRL-yes, IRL still counts!-be unavoidable, says Jeni Britton Bauer. "Get to know people in your field, and talk to them about what you're doing. When I first started, I would make ice cream and bring it to the chefs I knew, asking them for feedback. That's how I got restaurants to put it on their menus. From there, we were voted Best Ice Cream by a local newspaper."



Early Pitfalls

Delegate admin stuff. Farm out timeconsuming grunt work like mass e-mails, billing, and even some assistant tasks to online services like MailChimp and Leverage, says Sarah Kauss.

Halt your hiring spree. You may want to staff up quickly, but it's hard to get first hires right. "Start with part-time or contracted positions," says Elizabeth Gore. "Businesses change so fast, and it's harder to let someone go when they're full-time."

Be nimble. Your first try may blow. That's okay! Just be able to pivot. "We started in 2013 as an e-commerce site and tanked," says Sarah LaFleur. "So we changed our business model." Six months later, they were killing it.

Don't live in a bubble. Every industry has professional groups, like the National Restaurant Association or the Professional Beauty Association, that offer valuable resources. Google "[industry] + [association]" to find one that can help you.

Get cozy with failure. "Set a failure ratio," says Amy Wilkinson. "Tell yourself that 1 in 10 things won't work." So if you're opening a dog-walking service, know that 1 in 10 people may not return. Use that info to ID which kinds of pups work with your setup. This will only make your biz better.

ADDITIONAL REPORTING BY DAYNA EVANS





Plana Great Escape











Your Nonstop Travel Prep Steps

WRITE A "WANDERLIST"

Goals help fine-tune a planning process and motivate you into action.

ADOPT AN OPEN MIND-SET

From navigating cultural customs to dealing with delays, traveling requires a ton of flexibility.

BUDGET AT LEAST 10 PER-CENT MORE MONEY THAN YOU THINK YOU'LL NEED

Unexpected expenses *always* crop up. For example, European hotels often add a city tax to your bill just as you're checking out.

START LIVING ON LESS RIGHT NOW

The sooner you get into a savings mode, the closer you'll be to a one-way ticket. Open a new bank account just for travel funds, and prioritize those savings over non-necessity spends. Every penny makes a difference.

BE PATIENT

Your balance may take time to build up (we spent a year stockpiling cash before quitting our jobs and getting on a plane). Focus, but also be realistic about your time line. Better to postpone your departure than run out of dough mid-trip.

MAKEIT PAY

We now do freelance photography, design, and writing. Business has come from our travel network and our social-media following. We've also launched an online course to teach others how to quit their jobs and travel full-time.

HOW TO SWEEP AN ALMOND OFFITS FEET

We dipped it in DOVE® Dark Chocolate & dusted it with a kick of cinnamon DISCOVER NEW DARK CHOCOLATE CINNAMON DUSTED ALMONDS



Choose Pleasure™



NATURAL TURKEY, HERE'S THE TASTE MISSING. YOU'VE BEEN MISSING.



NO ANTIBIOTICS

NO ARTIFICIAL INGREDIENTS

NO ARTIFICIAL PRESERVATIVES



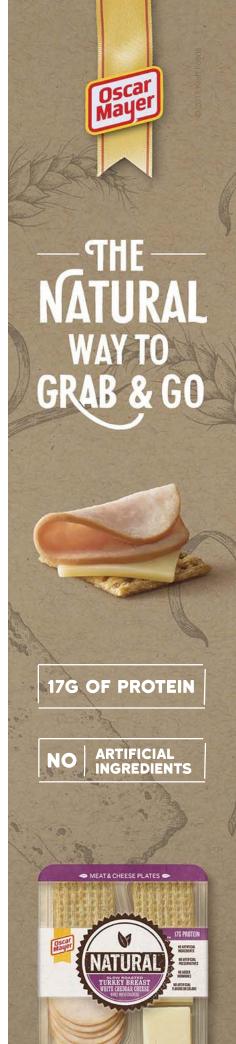
DISCOVER A WORLD OF TASTE



8 PACKING ESSENTIALS

- A camera—or a smartphone with an awesome lens to capture hi-res pics.
- → Passports, wallets, money! (Obvi.)
- → A knit hat. You can pull it over your face to help you sleep anywhere. Just add earplugs.
- A sarong. It's the ultimate multitasker: perfect as a dress, ideal as a cover for sketchy-looking pillows
- or beds, great as a towel or a scarf, and good as a modest wrap if you're visiting a very conservative country. It's also a cinch to wash in the sink and hang to dry.
- An external battery pack. So you can charge most of your devices anywhere, anytime.
- Adapter plugs. Ones that work all over the world are a must.

- Really good shoes. Like cool sneaks that are comfortable and can go anywhere.
- The ultimate snack pack: bananas (easy on your gut and clutch for quelling en-route stomach turmoil), ginger chews (for fighting motion sickness), and unsalted mixed nuts (to ward off the hangries before digging into the local cuisine every chance you get).



A WORLD OF FLAVOR

What makes Talenti* Gelato & Sorbetto so out-of-this-world delicious? We only source the best wholesome ingredients—like fresh milk and pure cane sugar—found around the globe. We traveled all the way to Belgium for the rich, decadent chocolate that makes our gelato so exceptional. We go the extra mile for all 40 of our handcrafted flavors, to give you an authentic, premium taste in every pint.



ONE PINT (473ML)



—— INTRODUCING A NEW RANGE ——

CRAFTED WITH LESS SUGAR* (NOT LESS TASTE)





Breakfast is hot again and it wants you back.









TAKE BREAKFAST BACK WITH HEARTY ORE IDA® POTATOES, DICED VEGGIES, SHREDDED CHEESE AND DELICIOUS MEAT IN A FLUFFY SCRAMBLE IN LESS THAN TWO MINUTES.



EGG AISLE





ISNOTINA GOOD MOOD.

She arrives at lunch in Manhattan with a cab-yellow hoodie drawn tight around her face and a fur coat skimming her ankles. Her manner is subdued. I stick my hand out to shake hers, and she gingerly embraces me instead, like someone forced to hug her grandma.

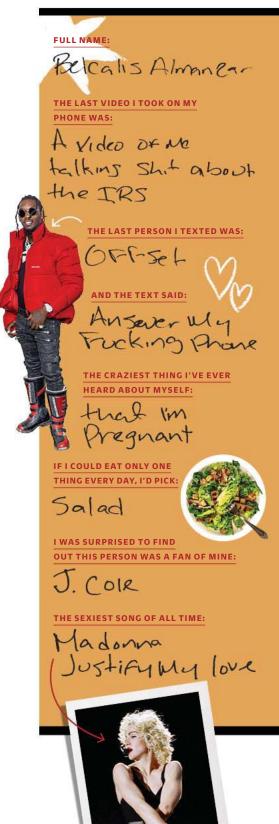
This isn't the outlandish personality her more than 18 million Instagram followers have come to expect or the character we know from her eyebrow-raising viral advice videos ("If the bitch that used to fuck your man be doing shit, trying to be petty, don't be angry with your man about that"). This is a woman with something on her mind.

Later today, Cardi (aka Bacardi, Bardi B) will head to L.A., where, she reports, all the food is terrible. She brightens for a moment when her mother calls—"Hello, motherly love!" she coos into the phonethen returns to her gloom. She'd spent the previous night online, defending herself in order to be herself: the brazen girl from the Bronx who may as well come with her own parental-advisory sticker. And right now, she's tired by the thought of having to respond to all the questions, all the criticisms, again today and tomorrow and the next day... and maybe for the rest of her career.

It's a lot to take in, her meteoric rise. First came a two-season stint on the reality-TV show *Love and*

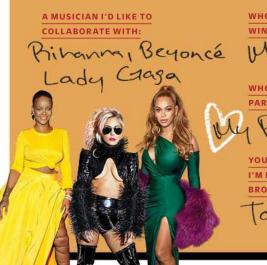
Hip Hop, where her ballsy, uninhibited rants secured her fan-favorite status. Then "Bodak Yellow" arrived. The addictive song bumped out of every club stereo and car radio last summer, making Cardi the first solo female rapper to top the Billboard 100 in 19 years (she knocked Taylor Swift out of the number one spot). Earlier this year, she landed on the Spotify Top 50 list, occupying three out of the four most popular songs in the country: a duo with Bruno Mars on "Finesse," her own "Bartier Cardi," and the G-Eazy collaboration "No Limit," a track that spits out more words for oral sex than would seem possible. And then there are her five BET awards, two Grammy nominations, and that insane socialmedia following.

All of which means Cardi is indisputably famous now. If you search her name on Twitter—which she does sometimes, just like everyone else—you'll find praise about her new music, fans posting photos of their Cardi-themed tattoos, pleas for a follow back. You'll also find a lot of people giving her crap: about her personality, her rapping, her relationships. People saying they're mad at her, disappointed in her. People wanting more from her. But Cardi B signed up to be a rapper—she didn't sign up to be everyone's friend.









WIN A GRAMMY:

MIGOS

WHO I LIKE TO PARTY WITH:

oly Friends

I'M FROM THE

Talk



THE BEST COMPLIMENT I'VE

you inspire ine

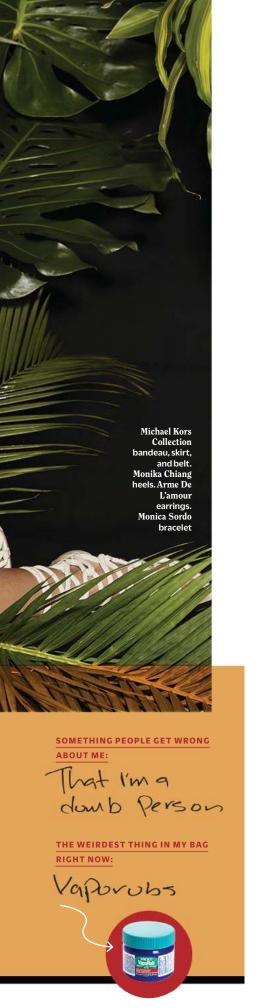
SOMETHING I THINK EVERY WOMAN

SHOULD TRY ONCE IN HER LIFE:

Having sex with another woman

ONE THING I'D NEVER DO AGAIN:

Anal



"Y'all Going to Respect Strippers"

Cardi's come-up is often spun as a ragsto-riches tale, as if she wasn't happy (and also earning great money) before she started rapping. She was born in New York City in 1992 to a Trinidadian mother and Dominican father. She went to a performing-arts high school, started then dropped out of college, and began working at a grocery store in Manhattan. There, as the lore goes, her manager suggested she try working across the street at the New York Dolls strip club, which she did.

Cardi quickly amassed a huge social-media following for her filmed-on-the-fly videos (many from a sofa in her grandmother's living room), in which she's hilariously slick one moment ("People be asking me: 'Are you a model, are you a comedian?' Nah, I ain't none of that. I'm a ho!") and politically shrewd the next, decrying the United Nations for not doing more to help Libya. "Just because somebody was a stripper don't mean they don't have no brain," she says over lunch.

Much has been made of her poledancing days, but Cardi contends that getting into stripping didn't play out like a wrenching decision from a sappy movie. "People ask, 'Why did you strip?" she says. "I don't really want to say, 'Oh, because I was in a relationship with a guy and I needed money to leave." But she did make money—a lot of it. That's why she doesn't shy away from discussing her time strippingshe wants people to know it's an actual job and that those are human beings up on the stage or in your lap. "People say, 'Why do you always got to say that you used to be a stripper? We get it.' Because y'all don't respect me because of it, and y'all going to respect these strippers from now on."

This is the kind of thing that drives Cardi crazy. That people disrespect strippers. That when she, an incredibly opinionated person, wants to speak out against issues that weigh on her soul police brutality, racism in America trolls accuse her of doing it only for publicity. That people harp on her for whether or not she's really black. ("My features," she says, "my nose, my lips, the little bit of color that I have, my hair texture—it didn't come from two white people fucking each other.")

Sadly, she says, women with her background won't start catching better breaks anytime soon. While she's glad to see the public outcry over sexual harassment in Hollywood, she doubts the #MeToo movement will change much in the hip-hop world, especially for women whose sexuality is at the forefront of their commercial appeal. "A lot of video vixens have spoke about this and nobody gives a fuck," she says. "When I was trying to be a vixen, people were like, 'You want to be on the cover of this magazine?' Then they pull their dicks out. I bet if one of these women stands up and talks about it, people are going to say, 'So what? You're a ho. It don't matter." As for the guys who have publicly embraced #MeToo, Cardi has her doubts. "These producers and directors," she says, "they're not woke, they're scared."

"I Am Not Your Property— This Is My Life"

For someone who skyrocketed to fame on a brash DGAF realness, the fact that Cardi is now expected to care about what others want her to give an eff about is endlessly frustrating. Her ever-expanding fan base cannot only be ruthless—they can be so 24/7 on all her online channels. It's kinda like high school, she says. "Everybody got different beliefs and different religions and were raised differently, yet you also supposed to be careful you don't offend somebody. Everybody gets bothered about everything. Everybody got a fucking opinion about you. You always got to filter yourself."

Nowhere is the furor more intense than around her personal life. Last October, Cardi's boyfriend, the Migos rapper Offset, proposed to her onstage at the Power 99 Powerhouse concert. She was pumping up the audience, thrashing her waist-length hair around, when Offset showed her the ring. She began jumping up and down, full of the Holy Spirit (or something like it), the happiest anyone has ever been. Two months later, videos allegedly showing Offset with another woman leaked online.

Cardi decided to stay with him, but she has to keep explaining why. "It's like everybody is coming down my neck," she says, "like, 'Why are you not leaving him? You have low selfesteem.' I don't have low selfesteem. Bitch, I know I look good. I know I'm rich, I know I'm talented. I know I could get any man I want—any basketball player, football player. But I want to work out my shit with my man, and I don't got to explain why. I'm not your property. This is my life."

Besides, she asks, have her accusers never had to make a concession in the name of love? Or have they only dated perfect men who treat them like manna from heaven, who call every night when they are supposed to, who have perfect credit, who keep them sexually satisfied? "Since when are all these women dating pastors and deacons?" she asks. "I'm going to take my time, and I'm going to decide on my decision. None of these bitches is going to eat my pussy at the end of the day. None of y'all bitches going to hug me to sleep and clean the tears off my face, so let me deal how I want to deal with it. It's not right, what he fucking did—but people don't know what I did, 'cause I ain't no angel." (Offset did not respond to Cosmopolitan's multiple requests for comment.)

"I Felt Powerful. I Felt Free"

By the end of lunch, Cardi's perked up, cracking jokes. Extreme popularity isn't all bad, she says. "Having a number one song makes me happy—but working for it makes me *really* happy." And it's no hardship that famous people she once admired are now jockeying to meet her. Not that she's trying to emulate them. When asked who she looks up to, she responds, "I'm not going to say an artist, because I don't know their life."

Instead, she names her mother as well as her cousin Marlene, who commutes hours each day to and from work, raises a child alone, and pays all her own bills. "I wouldn't be able to do that, 'cause I would be like, 'Uh, I'm finding a sugar daddy," Cardi says, laughing. "But she does it. That's the type of shit that I be looking up to. I'm like, Damn, my bitch works so hard."

Cardi pays her own bills too. And she knows how lucky she is, even if her newfound celebrity can be taxing. "I don't want to sound like I'm ungrateful, but it's exhausting," she says. "I love my career now, but it's like my spirit was happier before. When I was dancing, I had so much fun. I felt powerful in the club. I felt free."

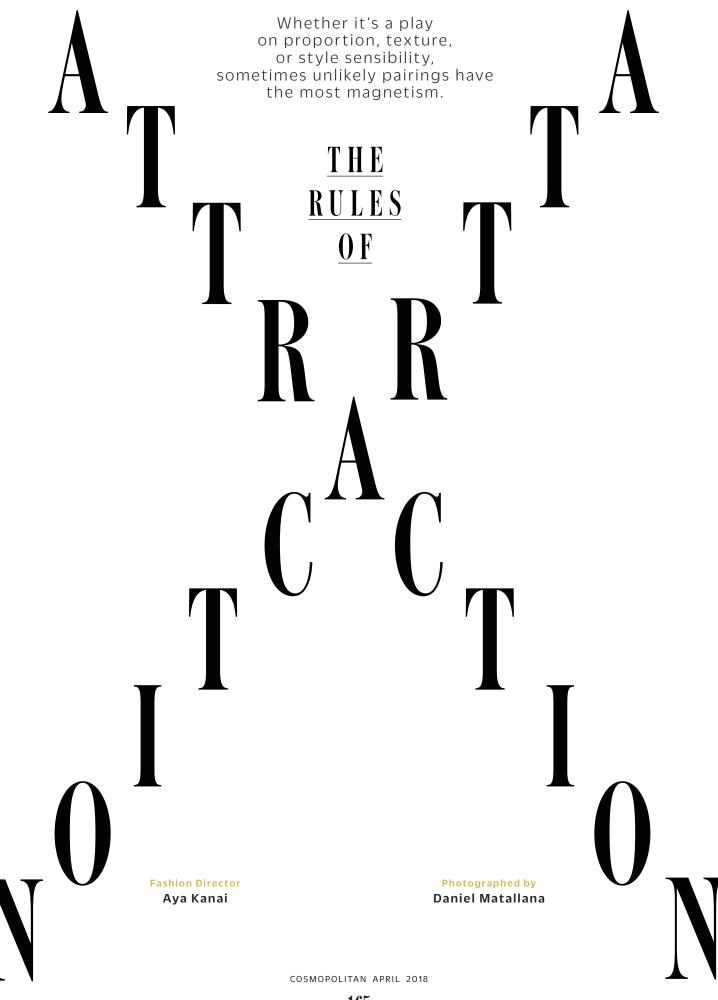
A few weeks after we meet, Cardi tweets that she'll be damned if fame or other people keep her from saying what she wants to say. It's just like she told me: "If I change myself, then I'm going to lose myself, and I won't be who makes me happy."

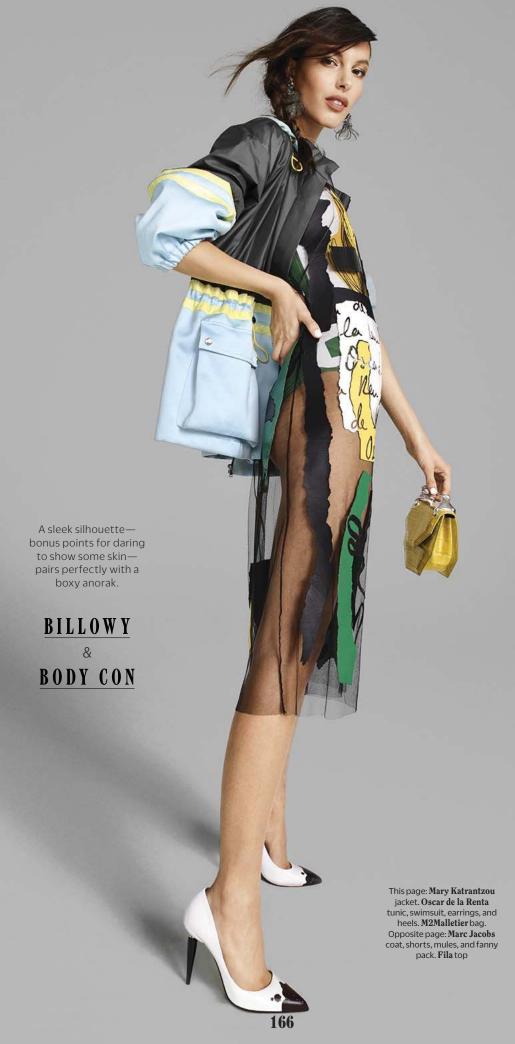


TO WORK OUT MY SHIT WITH MY MAN, AND I DON'T GOT TO EXPLAIN IT TO YOU."













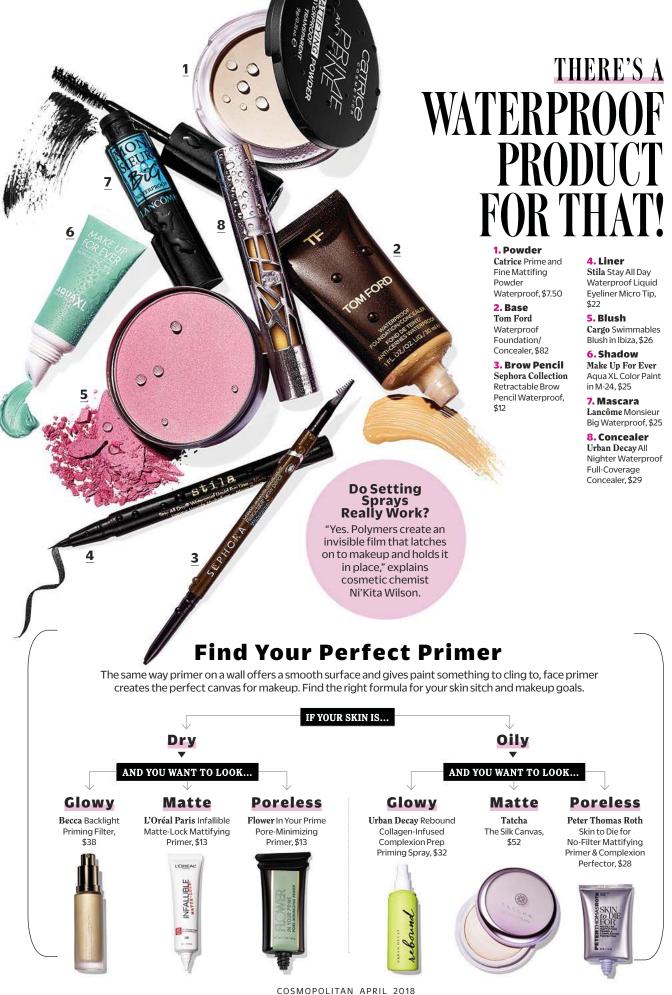
















FRIZZ-O-METER

Every hair type requires a different fuzz fighter. Find yours.

SO YOU GOT CAUGHT IN THE RAIN...

If you have curly hair, use the extra body to your advantage and create a voluminous topknot, says Thevenot.

If you have wavy hair, "gather it all into a low pony, create a braid, then pull at the sides to make it fuller and enhance the ethereal vibe," says Herbal Essences celebrity hairstylist Bridget Brager.

If you have straight hair, add whatever product you have (even a drop of hand lotion) to smooth flyaways, then twist into a low bun. "This works best for hair that tends to fall flat in the rain," explains Thevenot.

Two Hair-**Smoothing** Hacks

Shower at

Night Rain in the fore-"Wash your the morning,"

ity when you

step outside.

cast tomorrow? hair at night to be sure it's 100 percent dry in says Brager. Dry hair has a stronger barrier (aka closed cuticle) to block humid-

Rinse With Cold Water

Next time you wash out your conditioner, turn down the heat. "Cold water will leave behind more product, which keeps the cuticle sealed and prevents humidity from penetrating the hair," explains Wilson.



Fine

stays put.

Amika The Shield

Anti-Humidity

Spray, \$25



Medium

Your inbetween hair When exposed needs a lightto moisture. weight cream to fine hair tends tame fuzziness to fall flat, says without weigh-Thevenot. This ing it down. spray will block This leave-in will humidity do the trick. so your style

Love Beauty and Planet Smooth and Serene Leave-In Smoothie Cream, \$9



Thick

Keep unruly hair in check with an oil-based product. It'll leave strands nourished and the cuticle sealed both a must for smoothness.

Herbal Essences Bourbon Manuka Honey Oil-Infused Crème, \$6



Since it's prone to dryness, your hair requires rich ingredients to keep strands conditioned so they don't pull moisture from the air.

> Maui Moisture Curl Quench + Coconut Oil Curl Smoothie, \$9

OUAT

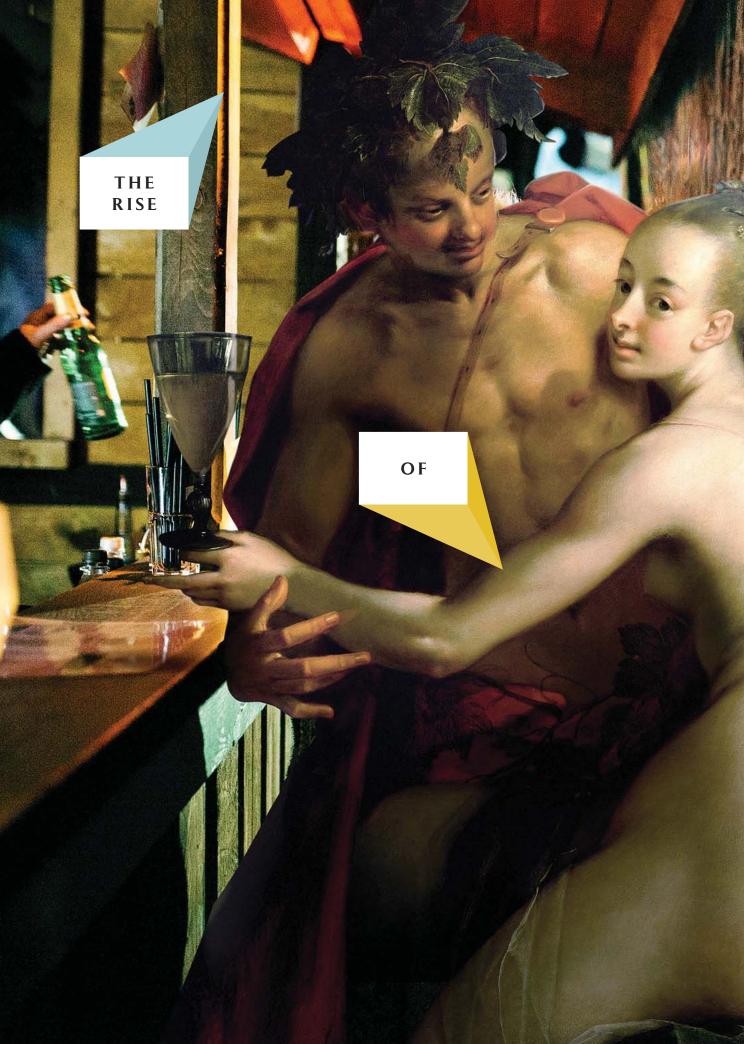
ANTI-FRIZZ

1 SHEET / 1 LINGETTE

A Lifesaver for All

These coconut oil- and shea butter-infused sheets are perfect for on-the-go smoothing... and all hair textures!

Ouai Anti-Frizz Sheets, \$18 for 15





At was by two days

after Lynn, 27, had unprotected sex with her on-again boyfriend that she felt a slight burning sensation while peeing. Blast! Another UTI, she thought, and hightailed it to her doctor. "He gave me antibiotics but sent out a test just to be sure, and I didn't give it another thought," says Lynn. Until the next day, when her MD rang. It wasn't a UTI—the lady wast ill with gonorrhea.

"When I heard the word, I just couldn't believe it," says Lynn. "I kept saying 'What? Oh my god?!' I'd heard of gonorrhea, but I didn't think it applied to current times or real life."

Lynn is not the only modern damsel having such a WTF moment. From 2015 to 2016, reported cases of gonorrhea—a millennia-old STI once referred to as the clap, possibly for les clapiers, the French brothels where people picked it upjumped almost 20 percent. It now infects nearly 1 million Americans each year and is just one antiquated venereal disease making an Instagram-age comeback. Diagnoses of chlamydia surged nearly 5 percent from 2015 to 2016. Syphilis,

whose once-bygone path of destruction is rumored to have ensnared Shakespeare and van Gogh, jumped around 18 percent. The U.S. now has more cases of these afflictions than ever recorded, according to the CDC. And it's not just lusty bards and artists (or their 2018 equivalents) falling prey. Young women are being infected at alarming rates; 62 percent of all chlamydia diagnoses, for example, are now made in women ages 15 to 34.

"The statistics are shocking," says David Harvey, executive director of the National Coalition of STD Directors, "especially since these are entirely preventable infections." They're also curable, if caught early. But they're not always being caught, and left unchecked, they can cause chronic pelvic pain, neurological damage, and infertility. (Right now, it's estimated that more than 20,000 U.S. women become infertile each year due to undiagnosed STIs.)

The old-is-new-again epidemic shows no signs of abating, says Harvey. "We expect to see another double-digit rise of these STIs this year." 820,000

The estimated number of new gonorrhea infections in the U.S. each year SOURCE: CDC

Ulho Knew?

It was a cad from work who gave Lauren, 27, her first STI. A week after a spontaneous dalliance that started (but didn't end) with a condom, she noticed a brownish discharge when she wiped after peeing. She soon tested positive for chlamydia. "I felt disgusting and ashamed," remembers Lauren. "I couldn't believe people still get chlamydia."

Widespread ignorance is a major culprit behind the current epidemic. Many of today's young women received laughably bad sexual education,



THAT WAS ALMOST **ERADICATED**

In 2000, syphilis was on the brink of extinction. What happened? Well, the cash dried up, for one thing. Federal and state budget cuts to education and prevention initiatives and programs that provide free or lowcost STI screenings and treatment at public-health clinics have left more people walking around with (and spreading) undiagnosed STIs. "If you continue to take money away, eventually you reach a tipping point where the infections get out of control....That's where we are heading," says Raegan McDonald-Mosley, MD.

according to the Guttmacher Institute, a research and policy org that studies sexual and reproductive health. Just 24 U.S. states and D.C. require sex ed at all, and fewer than 40 percent of public high schools, on average, cover the full curriculum recommended by the CDC.

As a result, "chlamydia, gonorrhea, and syphilis just aren't something women in their 20s and 30s are thinking about," says Michael Angarone, DO, an infectious disease specialist at Northwestern's Feinberg School of Medicine. "If they had any sort of sex ed when they were

vounger, the focus was likely on HIV or HPV." And lately, STIrelated headlines have been dominated by threats like Zika.

Oddly enough, greater access to birth control could also be a factor: "As more women go on long-acting forms, it becomes easier to slack off and say, 'Oh, I don't need a condom, I'm covered," says gynecologist Raquel Dardik, MD, of NYU Langone Health in New York City. (Women with an implant or IUD are about 60 percent less likely to use condoms than those on the Pill.) In 2015, just 57 percent of sexually active high school

The Modern Gal's GUIDE TO RETRO STIS

Gonorrhea

AKA THE CLAP

claim to in Famy: Dating to ancient times, it was once treated by injecting mercury into the tip of the penis (news flash: not safe). It has bedeviled soldiers in just about every conflict (more than 100,000 Union fighters reportedly had it during the Civil War).

THE NUMBERS: Around 820,000 new infections a year in the U.S.

HOW YOU GET IT: Unprotected vaginal, anal, or oral sex (it lives in pre-cum, semen, and vaginal fluid).

SYMPTOMS: Burning or pain while peeing; excessive, bloody, or yellow discharge; itching; bleeding between periods. But the majority of patients won't notice anything.

TREATMENT: A combo of two antibiotics—one shot, one pill.

IFYOU GET IT: Tell all your sex partners from the past two months. Sex is all right again a week after treatment.

Syphilis

AKATHE POX OR SYPH

CLAIM TO INFAMY: Christopher Columbus and his crew reportedly carried it to Europe after some, uh, deep exploration in the New World. It went on to infect many of the men in your history textbooks, including, allegedly, King Henry VIII and Beethoven.

THE NUMBERS: There were 88,042 reported new diagnoses of syphilis in the U.S. in 2016.

HOW YOU GET IT: Unprotected vaginal, anal, or oral sex (no P-in-V necessary; it can spread via sores that may not be visible).

SYMPTOMS: In the first stage (typically, up to six weeks after infection), round, painless sores on the vag, anus, or mouth. During the second stage (up to two years post-infection), a rash, swollen lymph nodes, and fever may occur. Then it goes dormant. The potential neurological probs and organ damage usually come years—even decades—later.

TREATMENT: A single penicillin shot for those in the first two stages, multiple injections for advanced cases.

IFYOUGET IT: Tell all partners from the past 3 to 12 months, depending on your stage. Sex is okay again after you complete treatment and sores are healed.

Chlamydia

AKATHE CLAM

CLAIM TO INFAMY: It was conclusively discovered and named in 1907 but probably dates to ancient times.

THE NUMBERS: An estimated 2.9 million new U.S. infections per year.

HOW YOU GET IT:

Unprotected vaginal, anal, or oral sex (like gonorrhea, it lives in pre-cum, semen, and vaginal fluid).

SYMPTOMS: Burning or pain while peeing; funky-smelling or discolored discharge; bleeding between periods; pain during sex. But, as with gonorrhea, most patients have no symptoms at all.

TREATMENT: Oral antibiotics.

IFYOU GET IT: Tell all your sex partners from the past two months. You can resume sex a week after you finish your meds—but get tested again in three months as a double check.

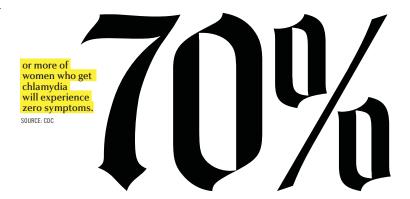
students said they wrapped it up the last time they had sex, compared to 63 percent in 2003.

It's all made worse by techenabled casual or anonymous sex. "If you're using apps to have sex with people you don't really know, those people might not contact you if they're diagnosed with an STI," says Raegan McDonald-Mosley, MD, chief medical officer of Planned Parenthood of Maryland.

But even women who are hyperaware of throwback STIs don't always take them seriously, since most are typically curable with antibiotics, says Kathleen Page, MD, an associate professor in the Division of Infectious Diseases at Johns Hopkins University School of Medicine. "It's like, 'Well, you can always treat it...so what's the big deal?"

The Consequences of Cluelessness

Herein lies the BFD: "We're talking about really serious, longterm consequences for infections lots of young women don't even know they have," says Elizabeth Torrone, PhD, an epidemiologist in the CDC's Division of STD Prevention. Untreated gonorrhea and chlamydia can lead to pelvic inflammatory disease, which can cause infertility, ectopic pregnancies, and chronic pelvic pain. Syphilis can attack the nervous system, causing symptoms like confusion, depression,





and seizures. (What's more, from 2015 to 2016, there was a 28 percent increase in women spreading the condition to their babies in utero.)

Scariest of all, our greatest defense is now under threat: Freaky gonorrhea superbug strains have been outwitting the meds once used to treat the disease. "Gonorrhea is a really smart bug," confirms Torrone, "and it has developed resistance to almost all the recommended antibiotics." There's now just one drug combo left that kills it reliably. And when that stops working, physicians will have

to rely on higher doses, off-label drugs, or combos that haven't been properly tested.

Solid fixes aren't exactly on the horizon: Few are counting on the Trump administration to launch a campaign against STIs. Some researchers and tech companies are investigating new drugs and vaccines (one, for gonorrhea, has shown promise in mice) and creating new athome STI tests (so far, the only FDA-approved one is for HIV).

For now, your truest weapon is one as old as the STIs themselves: condoms. Chlamydia and gonorrhea are almost totally preventable by slapping on a rubber (or dental dam), and while syphilis can spread skin-to-skin, condoms drastically reduce transmission rates. Annual testing—via a swab, urine, or blood test—is also a must. (Find a place to get tested for free at GetTested.cdc.gov.)

Lauren, for her part, banished her chlamydia with antibiotics—and all was well that ended well. "I'm more proactive about my health now," she says. "And I've discovered that some of my friends have had it too. It's definitely something you need to watch out for." One of the trickiest parts of any STI diagnosis is telling your new bae (or the old one with whom you had break-up sex or your casual hookup from last Friday). But share your news you should, even if you used protection and even if you didn't have full-on intercourse. It's best to be direct and avoid overapologizing. Just spit it out (no texts!). Here's your script:

"Hi, ____. I have some news. I've just been diagnosed with ____. I wanted to tell you ASAP so you can get checked out by your doctor too."



By Aurora Tower @Aurora Astro

ARIES

03.21-04.19

Onward! You're cruising down the path to success. If the road feels bumpy when your ruler, active Mars, unites with disciplined Saturn on the 2nd, use it as a chance to recalibrate. You'll get good news early in the month, but don't act on it till after Mercury ends its retrograde phase on the 15th.

YOUR YEARS Uranus, the planet of surprises, finally leaves you in May, after seven years.

This is the time to double down on any changes you've wanted to make. Have a few flings in May and November-by January, you'll be starting a whole new chapter.



TAURUS

04.20-05.21

Spidey senses tingling?
Pay attention—because
your intuition is on point in
April. The 10th is an amazing
day to be open to new possibilities. But if travel is part of
your plan, watch out for
snafus, because Mercury is
in retrograde until the 15th.
TAURUS GUY: He's more
of a closed book than usual.
Arrange a couples massage—some indulgence will
coax him open.

GEMINI

05.22-06.20

Your social life is poppin', and new peeps abound. With your ruler, Mercury, in retrograde until the 15th, old friends may also want to join the fun. Career opportunities might arise, but weigh the financial implications before acting. When Venus moves to your sign on the 24th, love rules! GEMINI GUY: He's all about going out—and always coming home to you.

CANCER

06.21-07.22

Everything is coming up roses—finally. The seeds you planted in January at work and socially are coming to fruition. Go have some fun with your tribe after the 19th, when the Sun moves into your zone of group activities. Your creative vision will guide you to your next triumph. CANCER GUY: Work is ruling his world. That's fine—for now. But if he doesn't worship his queen soon, L8R!

LEO

07.23-08.22

Vacation mode: on! You've been dreaming of spring break, so go after it! The beginning of the month is prime time for an adventure. Just nail down all the details, since Mercury is retrograde till the 15th. After the 19th, get back to the grind. Your hard work will pay off big with a VIP. LEO GUY: Someone is feeling spontaneous! Suggest a getaway for two that will inspire him in every way.

VIRGO

08.23-09.22

Rock on, goal getter! You're full of big plans—now narrow your focus to a few that will pay off. With your ruler, intelligent Mercury, in retrograde until the 15th, you're extra-reflective. The Full Moon on the 29th will bring new opportunities. Skip town before then for some R & R. VIRGO GUY: He is in soul-searching mode and needs your wisdom to help figure himself out.

LIBRA

09.23-10.22

Where your real friends at? Start off the month by prioritizing positive relationships. Around the 10th, you'll feel sensitive, which may help you identify unhealthy emotional habits. Your new self-awareness will attract someone special, and it may steam up fast! LIBRA GUY: Right now, he might seem erratic, but you're about to get all the answers.

SCORPIO

10.23-11.21

This month, it's all blue skies and rainbows. Your behind-the-scenes hustle is paying off! Some of your brightest days will involve collaboration, but before Mercury leaves retrograde on the 15th, watch out for miscommunications. By the Full Moon on the 29th, your love barometer will read H.O.T. **SCORPIO GUY:** He's hella focused on his 9-to-5. Talk it over with takeout after hours.

SAGITTARIUS

11.22-12.21

Consider yourself lucky in *lurrrve!* Mercury is in retrograde till mid-month, and that means past baes may try to say hey. The New Moon on the 15th is auspicious romantically, so be ready to swoon. At work, make sure your efforts are being noticed. **SAGITTARIUS GUY:** Sparks are flying, and he's so feeling it. If you are too, don't be shy—go get yours, girl.

CAPRICORN

12.22-01.19

Life's awhirl right now!
Step away from the madness to make sure you're going in the right direction. And listen to friends about their concerns for you around the 10th. By month's end, things will ease up in time for a little romance....Sweet relief. CAPRICORN GUY:
Don't hold him back—go along for the ride. But if you don't like where he's headed, hop off.

AQUARIUS

01.20-02.18

How the heck do you do all that? You're a master multitasker, but beware of letting something important slip. With Mercury in retrograde until the 15th, take time to organize and finish strong. Heed your intuition, especially on the 18th. At month's end, you need a solid hang with fam. AQUARIUS GUY: Mr. Moody needs youtime, so say yes to a staycation for just the two of you.

PISCES

02.19-03.20

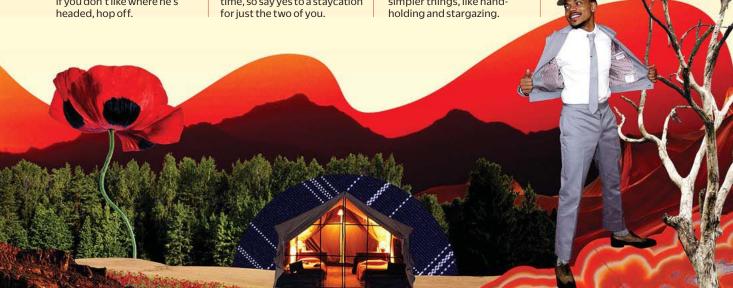
Kick distractions to
the curb so you have more
time for what really revs
your engine. Focus on your
finances while Mercury
is retrograde during the first
half of the month, then
set some money goals. Go
kick back with your crew—
but don't let them woo you
into whipping out your wallet.

PISCES GUY: He's craving
simpler things, like hand-

ARIES GUY

Chance the Rapper 04.16.93

Your man has largerthan-life plans. Keep him grounded in case the time comes for him to scale back to find real success.



Decode Your Handwriting

With so much texting, you may not put pen to paper too often. But when you do, your writing offers clues as to who you really are....

DID YOU KNOW?

If you write fast, you are impatient. If you write at a slower pace, it means you're organized!

Size (It matters!)

If your words are large, you're an extrovert. You are outgoing, like to be the center of attention, and ooze confidence. Write small? You're more of an introvert. Medium?

If I can't wear
atpants,
+ going.

It sweat fronts.

Slant

Right-leaning text means you enjoy new experiences and seek adventure. More of a lefty? You tend to shy away from the spotlight. No-slanters are practical, logical. and balanced.

Space

If there's a lot of room between your words, you may have trust issues and prefer hanging with yourself. If your spaces are narrow, you hate being left alone and constantly need company. Average-spacing peeps are selfconfident and independent!

12 I Can x Can x weak of Joing . I'm **CROSSING YOUR T'S MEANS SOMETHING**

A cross in the middle displays confidence. A cross up top means you're ambitious.

COSMOPOLITAN APRIL 2018

By Akshita Jolly

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1. Your number in the DMV line just got called. It's 69. You:

A Shoot daggers at whoever snickers. Grow up already.

B Keep biting your tongue till you lose the urge to LOL.

C Feel like sauntering up and saying, "Your place or mine?"

2. What kind of art do you want to see on a museum date?

A Sedate pastel watercolors.

B Nudes. You'll adjust your commentary to your date's sense of humor.

C Ancient statues, so you can get as close as possible to their marble "parts" before security catches on.

3. If someone sent a staff-wide e-mail in search of a computer dongle, you'd:

A Delete, stat. You gag just looking at the word (and don't even start with moist).

B Send a screenshot to your friends with a bunch of @@@.

C Muse that you might have seen some on Tinder....

4. When you're at voga class in happy-baby pose, you can't help but say:

A Nothing and avoid all eye contact.

B "Talk about opening up to someone...."

C "Is this how I can get a coregasm?"

5. Whenever you come across a "speed hump" sign, you:

A Respect the rules of the road and slow down.

B Think back to when you and your ex used that phrase as code for a quickie.

C Consider telling the other passenger (most often, an Uber driver) that you've had enough "rough rides" in your life as is.



MOSTLY A'S Perennially

You're oblivious to innuendo...or just ill at ease with it. Being modest is your prerogative, but if you chastise every risqué remark, your pals may think they can't be candid around you. Let a naughty thought or two cross your mind—you might just enjoy it.

MOSTLY B'S Naughty(ish)

You entertain racy ideas to stoke sexiness in life, but while you're amused by others, you rarely get outwardly raunchy yourself. Under some circumstances (e.g., away from your boss), you let loose, but you know there's a time and place for those kinds of jokes.

MOSTLY C'S Recklessly

You put an indecent spin on everything. That's mostly okayespecially if it's not verbalized. Bringing levity is a good goal, but forcing sexualized humor on others isn't cool. Know the crowd before unleashing the NSFW stuff, and save the spicy musings for bae.

TONIGHT, WE MASK!

DETOX. REPLENISH. CONNECT. TRANSFORM.

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